



FALLS PREVENTION TIPS

Falls are preventable – this is a partial list of things you can do to reduce your fall risk.



- Wear thin rubber-soled shoes with shallow treads
- Pick up your feet when walking - walk heel-toe
- Use handrails
- Avoid rushing - take your time - focus on the task at hand
- Remove slipping/tripping hazards immediately
- Exercise regularly
- Install grab bars around your tub or shower
- Use non-skid strips or tub mats



- Eat well and drink plenty of non-caffeinated beverages
- Take medications as they are prescribed
- Never add medications-even non-prescription/herbal remedies without talking to your doctor
- Make sure there is ONE pharmacist who knows about ALL the medications you are taking





Too Low



Just Right

- **Avoid sitting on low furniture – add cushions to raise the seat height**
- **Paint the edge of each stair a bright color so you can clearly see it**
- **Avoid wearing long nightgowns or other clothing that you might step on**
- **Never carry items in a way that prevents you from seeing where you're putting your feet**
- **Examine the way you do your daily tasks and see if you can develop safer ways to accomplish them (such as carrying laundry or the garbage)**



- **Take a moment whenever you trip or stumble and figure out what caused it-that's how you will prevent the next stumble and create your personal “Falls Prevention Program”**

**STAY SAFE
&
HAVE FUN**



Contact Senior Injury Prevention Program at 510-618-2050 for information on hosting a free Falls Prevention Discussion Group.

For information on available resources in Alameda County, call the Area Agency on Aging at 1-800-510-2020.