



6 *Warning Signs of Falls*

If you are over 65 years of age:

- ☐ **Previous Falls:** One fall in the past 6 months
- ☐ **Fear of Falling:** Afraid that you will fall
- ☐ **Medications/Drugs:** Using sedatives, fluid pills, recreational drugs, blood pressure pills or more than 4 medications
- ☐ **Balance and Mobility:** Any problems with balance or unable to raise from a chair
- ☐ **Medical Conditions:** For example, Stroke or Parkinson's disease, osteoporosis, arthritis, dementia or Alzheimer's disease
- ☐ **Vision Problems:** Blurred/double vision, difficulty seeing steps or walking in dim light

If you have checked two of the warning signs you are at an increased risk for falling.

For further screening and information contact a health care provider or CCAC at

310-CCAC (2222)



Ontario

South West Local Health
Integration Network

Réseau local d'intégration
des services de santé
du Sud-Ouest

**Finding
Balance**

www.findingbalanceontario.ca



Top 10 Tips to Reduce Your Chance of Having a Fall

1. Slow down and take time to be safe.
2. Be physically active for a total of 30 to 60 minutes most days.
3. Have your vision and hearing checked regularly.
4. Discuss your medication & supplements with your doctor or pharmacist.
5. Eat a healthy balanced diet, drink plenty of water & limit your alcohol.
6. When walking outside, be aware of your surroundings and watch where you step.
7. Use safety equipment such as canes, walkers, grab bars & rubber bath mats.
8. Wear non-slip shoes, boots & slippers that fit well & seek treatment for foot problems.
9. Use a night-light and keep a flashlight by your bed.
10. Complete a home safety checklist available online or through your healthcare provider.

For more tips and information,
call or visit
211 Ontario or visit
www.findingbalanceontario.ca