

## Watch your step

### Wherever you are

- » Keep pathways, halls and stairways well lit and free of clutter.
- » Ask your healthcare provider about which type of grab bar to use in your bathroom.
- » Watch out for ice, cracks and uneven surfaces while walking.
- » Have your eyes checked every year.
- » Wear shoes that support your feet and have a closed heel.
- » Avoid rushing and doing too many things at once.

## Speak up about dizziness

### Tell your doctor and take action

- » Tell your doctor if you often feel dizzy or lightheaded. There are many different causes of dizziness, including some medications.
- » Ask your healthcare provider to test your blood pressure with you lying down and standing up. You may feel dizzy if your blood pressure drops quickly when you get up.
- » After lying in bed or sitting in a chair, clench your fists and circle your ankles 10 times, then take your time and get up slowly.
- » Dehydration can make you dizzy. Drink 6 to 8 glasses of fluids including water each day, or as directed by your healthcare provider.



## Keep active

### Exercise for strength and balance

- » Regular physical activity and exercise can increase muscle strength, improve balance and help prevent you from falling.
- » Ask your doctor or healthcare provider about the best type of exercise program for you.
- » Do at least 30 minutes of activity every day.
- » Walk, dance or take an exercise class.

## Check your medication

### Talk to your doctor or pharmacist

- » Once a year, have your doctor or pharmacist review all medications.
- » As you age, the way some medications affect you can change and increase your risk of falling.
- » Medications include prescriptions, over-the-counter pills, vitamins and herbal supplements.
- » Medications that relax you, help you sleep or improve your mood can increase your risk of falling.
- » Alcohol affects medication — be careful.





## Keep your independence

Falls prevention isn't just about stopping falls before they happen. It's about continuing to enjoy life's simple moments; it's about playing with your grandchildren and keeping up with old friends. Most of all, falls prevention is about keeping your independence.



## Take steps to prevent a fall

Anyone can fall, but as you grow older, the risk increases. Falls are the leading cause of serious injuries in older adults. The facts don't lie: every six minutes, a senior is taken to the ER because of a fall. The good news is that you can take steps to prevent this from happening to you.

*If you've had a fall, be sure to tell your healthcare provider.*

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For more information, call or visit 211 Ontario or  
**310 CCAC (2222)**



[www.findingbalanceontario.ca](http://www.findingbalanceontario.ca)



## ANYONE CAN FALL

*Prevent it from happening to you*

