

Prevent Falls

Many falls that occur with older adults can be prevented.

Taking simple steps can reduce the risk.

Take an Exercise Program

Choose one that builds balance, strength, and flexibility, especially in your "trunk" or core muscles.



Check Vision & Hearing

Have an annual eye and hearing checkup, and update glasses and/or hearing aids when needed.

Request a Risk Assessment

Ask your doctor to determine your risk of falling based on your medical condition and health status.



Make Your Home Safe

Add extra lighting, install hand rails on stairs and grab bars in bathrooms, and remove clutter from floors along with small throw rugs unless secured with double-sided tape.

Talk to your family about supporting you in staying safe and preventing falls. Or, if you have an older adult in your life, start the conversation.