

Many falls can
be prevented.

By making some
changes, you can
lower your chances
of falling.

Four things YOU can do
to prevent falls:



Have your healthcare provider
review your medicines.



Exercise to improve your
balance and strength.



Have your eyes and
feet checked.



Make your home safer.



For more information, contact Centers for Disease Control
and Prevention 1-(800)-CDC-INFO (232-4636) or visit
www.cdc.gov/steady

For information about fall prevention, visit
go.usa.gov/xN9XA

For more information about hypotension, visit
www.mayoclinic.com
www.webmd.com



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

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What YOU Can Do to Prevent Falls



STEADY

Stopping Elderly Accidents,
Deaths & Injuries

Four things YOU can do to prevent falls:

① Talk openly with your healthcare provider about fall risks & prevention.

Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

② Exercise to Improve your balance and strength.

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi.

Lack of exercise leads to weakness and increases your chances of falling.


Ask your doctor or healthcare provider about the best type of exercise program for you.

③ Have your eyes and feet checked.

Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

④ Make your home safer.

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.



Talk to your doctor about fall prevention.