

Strong Today, Falls Free® Tomorrow



What can you do to prevent a fall?

Older adults can take steps to make falls less likely:



Get some exercise: Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increases strength and improves balance, making falls less likely for aging adults.



Be mindful of medications: Some medicines—or combinations of medicines— can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects.



Keep your vision sharp: Poor vision makes it harder to get around safely. To help make sure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.



Remove hazards at home: About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter and poor lighting that should be removed or changed.



Sign up for *A Matter of Balance*: This nationally-recognized program reduces the fear of falling and increases activity levels. Classes are held once a week for 8 weeks at convenient community locations.

Find a local *A Matter of Balance* class and additional resources:

www.CaregiverUcentx.org