

Fall Prevention Awareness

Falls are NOT a natural part of aging!

Ways YOU Can Prevent Falls:

- **Take your time**-Get out of chairs slowly. Sit a moment before you get out of bed. Stand and get your balance before you walk. Be aware of your surroundings.
- Put your best foot forward-Wear sturdy, well fitting shoes, low heel shoes with non-slip soles.
- Look out for yourself-See an eye specialist once a year. Poor vision can increase your chances of falling.
- Talk to your doctor or pharmacist-Some medications have side effects that can cause dizziness.
- Increase physical activity-regular exercise increases balance and strength. Classes are available in your area.

(Flip over for more information on workshops for older adults who are concerned about falls and are interested in improving flexibility, balance and strength)

Did You Know?

- The CDC reports that more than one third of adults 65 and older fall each year
- Over half of falls happen at home
- Only 3-5% of older adult falls cause fractures
- Most falls are preventable



Flip over for more on Fall Prevention



HOME SAFETY

Follow these tips to make living areas safer and help reduce the risk of falls.

- Remove tripping hazards such as throw rugs and clutter in walkways.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars put in next to the toilet and in the tub or shower.
- Have handrails on both sides of stairways.
- Improve lighting in the entire home.

Fall Word Search

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Activity Prevention

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Awareness Safety

Balance Senior

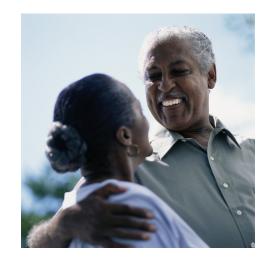
Control September

Exercise Shoes

Fall Tips

Fear Vision

Prescription



What to do after a fall:

- Stay as calm as possible. Take a few deep breaths to relax.
- Remain on the floor for a few moments. This helps you get over the shock of falling. Getting up too quickly could make an injury worse.
- If you are injured, get medical assistance. If you hit your head or experience confusion or severe pain, call 911.
- Even if there is little or no injure, discuss the fall with your doctor. Write down the details. Your doctor can assess whether it is a medical issue or something else to address.

WORKSHOPS

Staying active can help prevent falls. These classes can help you get fit and have fun.

- A Matter of Balance-Have you fallen in the past? Do you have concerns about falling? Sessions can teach you how to reduce your fall risk.
- EnhanceFitness-Do you want to be more active, but don't know where to start? Each hour session includes activities to help increase your overall fitness level.



For more information, talk to your meal site coordinator or contact the Polk County Health Department at 323-5234 or visit www.iowahealthylinks.org



LEADING THE WAY TO FALL PREVENTION