

Falls are the main reason older adults lose their independence.
HOW CAN YOU REDUCE YOUR RISK?

VISION

- ✓ Proper Vision Prescription
- ✓ Regular Visits to Your Eye Doctor

MEDICATIONS

- ✓ Individuals taking 4 or more medications are at an increased risk of falls
- ✓ Never try to adjust your medications on your own - talk to your primary care physician or pharmacist about your medications and usage

NUTRITION

- ✓ Important to eat an adequate amount of protein throughout the day
 - Good sources of protein: cheese, cottage cheese, milk, meat, chicken, fish, yogurt, eggs, beans
- ✓ Low levels of vitamin D are associated with low muscle strength and falls.
 - There is a protective effect of vitamin D supplementation on fall prevention in community-dwelling older adults and among adults with intellectual disabilities.
 - Improves lower extremity muscle strength and balance.
 - Improves calcium absorption and bone health, reducing the risk of fracture if a fall occurs

HOME ENVIRONMENT

- ✓ De-Clutter Your Space
- ✓ Proper Lighting In Your Room
- ✓ Clear Path To The Bathroom
- ✓ Talk to Your Primary Care Physician About Incontinence Management

ASSISTIVE DEVICES & SHOES

- ✓ Make sure you are using assistive devices correctly
 - Check with your PT to make sure your device is fitted well
 - Invest in attachments for canes and walkers for snow and ice
- ✓ Wear properly fitting and supportive shoes to reduce risk of falls
 - Hard-soled shoes with backs are best
 - Avoid high heels, sandals, and slippers

EXERCISE!

- ✓ Staying active and strong will help to maintain independence
- ✓ Exercise can make you less fearful of activities which reduces odds of falling
- ✓ To reduce falls, exercise must include balance and strength components
- ✓ Programs aimed at reducing falls should be monitored and adapted by physical therapists to be challenging and beneficial



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