



What are falls?

Falls are an everyday danger for seniors and people with conditions that make them prone to losing their balance or coordination.

Why is it significant?

Falls are a major cause of loss of independence for elderly people. Significant injury and even death can occur as a result of falls.



What else should I be aware of?

Depending on your circumstances, you may be eligible for financial help to purchase an assistive device, such as a cane or walker. For more information, call Alberta Aids to Daily Living (AADL) toll-free at 310-0000, then 780-427-0731, or go to www.seniors.gov.ab.ca/AADL.

Fall Prevention

MakingHealthHappen.com

What can I do?

- ✓ Engage in daily physical activity to maintain muscle strength and balance.
- ✓ Have your hearing and eyesight checked yearly.



- ✓ Understand the medications you're taking. Ask your doctor or pharmacist whether they can cause dizziness or other side effects.
- ✓ Don't wear shoes that are loose-fitting, too big for you or high-heeled.
- ✓ Install handrails in bathrooms and along stairways.
- ✓ Ensure all areas of your home are well lit and free from clutter. Install light switches at both ends of your stairways and hallways and put a night lamp by your bedside.
- ✓ Renovate slippery floor surfaces with new carpeting or flooring that provides a surer footing.
- ✓ If you're feeling dizzy or weak, contact a friend or loved one for immediate assistance and then see your doctor.
- ✓ Talk to your doctor about vitamin D and calcium supplementation.

- ✓ Learn more about preventing falls by going to www.makinghealthhappen.com.



Go to MakingHealthHappen.com and enter **ug2329spec** in the search box to learn more about **Fall Prevention**.