



**Falls** are the main reason older adults lose their independence and account for **85 percent** of injuries leading to hospitalizations.

## Here are some things you can do to reduce your risk of falling:



### STAY ACTIVE

Always check with your doctor before starting a physical activity program. Physical activity reduces the risk of falls by improving strength, balance, coordination and flexibility. Look for an activity you enjoy like water workouts or Tai Chi. It could also be as simple as walking or gardening!



### WEAR COMFORTABLE SHOES

Proper fitting shoes with good foot support and non-skid soles can help with falls-prevention.



### EAT A BALANCED DIET AND STAY HYDRATED

Ensure your meals contain a variety of vegetables, fruits, whole grains and a source of calcium and vitamin D to maintain healthy bones. Drink fluids often during the day – water is your best drink!



### REVIEW YOUR MEDICATIONS WITH YOUR PHARMACIST

Some medications may increase your risk of falls (*e.g. sleeping pills, blood pressure medications, Pain killers, anti-allergy and cough medications*). Your pharmacist may make recommendations to your doctor to address side effects and the risk for falls.



### KEEP YOUR HOME SAFE

Remove tripping hazards like rugs, mats and clutter from places where you normally walk. Using proper lighting, grab bars and non-slip mats in the shower can also help reduce the tripping hazard at home.



### GET YOUR EYES AND EARS CHECKED REGULARLY

Age-related vision and hearing changes can affect your balance and the risk of falling. It's important to have a complete physical examination at least once a year.