



## Take Control of Your Health: 6 Steps to Prevent a Fall

1

- **Find A good balance and exercise program.**
- Look to build balance, strength, and flexibility.

2

- **Talk to your health care provider.**
- Ask for an assessment of your risk of falling. Share your history of recent falls.

3

- **Regularly review your medications with your doctor or pharmacist.**
- Make sure side effects aren't increasing your risk of falling. Take medication only as prescribed.

4

- **Get your vision and hearing checked annually and update your eyeglasses.**
- Your eyes and ears are key to keeping you on your feet.

5

- **Keep your home safe.**
- Remove tripping hazards, increase lighting make stairs safe, and install grab bars in key areas.

6

- **Talk to your family members.**
- Enlist their support in taking simple steps to stay safe. Falls are not just a senior's issue.

**FALL RISK**