



6 Steps to Reduce Your Fall Risk

1. Make an Appointment with Your Doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions about your medications, over the counter medications and supplements. If you have a list bring it with you to your appointment. Review medication side effects and interactions that may increase your risk of falling.

2. Keep Moving

Physical activity can go a long way toward fall prevention. With your doctors OK, consider activities such as walking, water workout or tai chi. Such activities reduce risk of falls by improving strength, balance and coordination.

3. Wear Sensible Shoes

Consider changing your footwear to help reduce your fall risk. High heel, floppy slippers and shoes with slick soles can cause you to slip, stumble or fall.

4. Remove Home Hazards

Take a look around your home and remove potential hazards. Throw rugs, electrical cords, phone cords, coffee tables, plant stands and magazine racks can all be potential hazards leading to falls. Throw rugs can be made into beautiful wall hangings as an option to having them unsecured on the floor.

5. Light up Your Life

Keep your hallways, bathrooms and bedrooms well lit. Place night lights in hallways, bathrooms and bedrooms. Be sure you have a cleared path to light switches if they are not near the doorway. Store flashlight in easy to find places in case of a power outage.

6. Use Assistive Devices

Your doctor or therapist may recommend use of a cane or walker to improve your balance and reduce your fall risk.

Call us today for your physical and home evaluation to reduce your fall risk.

Phone: (800) 936-6251