

Many falls can be prevented. You can reduce your chances of falling. Take action to prevent falls:

- begin a regular exercise program
- have your health provider review your medicines
- have your vision checked
- make your home safer.



For more resources on how to prevent falls, call United Way 2-1-1 or 246-HELP from cell phones, to reach the Falls Prevention Helpline. United Way 2-1-1 has a complete listing of Dane County falls prevention services, and they will help you get the help you need to avoid falls and to stay independent. The call is confidential.



**Take action to prevent falls – call 2-1-1!**

Brought to you by Falls Prevention Task Force of Safe Communities, [www.safercommunity.net](http://www.safercommunity.net) and



**Take action and prevent a fall**

**begin regular exercise**  
**have your vision checked**  
**review your medication**  
**make your home safer**

*Information included here is from "What You Can Do to Prevent Falls", CDC and Minnesota Falls Prevention.*

# Take action and prevent a fall

If you or someone you know has fallen, you are not alone. Falls can happen anytime, anyplace and to anyone. Falls can occur while doing everyday activities. But falls are not a normal part of getting older.



**start**  
to exercise regularly

Exercise is one of the most important ways you can lower your chances of falling. Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Putting off exercise can weaken your muscles and increase your chances of falling. Ask your doctor about the best type of exercise program for you.



**check**  
your vision regularly

Have your eyes checked by an eye doctor at least once a year. You may need different glasses or have a condition like glaucoma or cataracts that make it harder for you to see clearly. Poor vision can increase your chances of falling.

Studies find that your chance of falling can be decreased by following the simple suggestions included in this brochure. The ideas found here are easy to do, are inexpensive and, if you take action, they can help you avoid falls and remain independent.



**review**  
your medicines

Have your doctor or pharmacist review all the medications you take, including over-the-counter medicines. As you get older, your body may react differently to medicines than it used to. Some medicines, or combinations of medicines, can make you tired or dizzy, which can cause you to fall.



**make**  
your home safer

About half of all falls happen at home. To make your home safer:

- remove things you can trip over from stairs and places where you walk
- remove small rugs or use double-sided tape to keep rugs from slipping
- keep items used often in cabinets you can reach easily without using a stool
- have grab bars installed next to your toilet and in the tub or shower
- use non-slip mats in the bathtub and on shower floors
- improve lighting in your home
- install handrails and lights on staircases
- wear shoes inside and outside the house.

**You can start now!**