

**Are you at risk of falling?
Take this simple quiz:**

- | | Yes | No |
|---|--------------------------|--------------------------|
| • Have you fallen in the last 12 months? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you get dizzy or have trouble keeping your balance? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you take four or more medications daily? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you sometimes have difficulty getting up from a seated position? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you have difficulty seeing clearly? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you have difficulty walking? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Do you limit your activities because you are afraid you might fall? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered “yes” to any of these questions, you might be at risk of falling. Read this brochure or call 303-922-5555 to find out how to reduce your risk of falling.



Fall Prevention Network

A referral service for adults age 65 and older.

Because you value your independence.

303-922-5555

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If you feel a little wobbly from time to time, you're not alone. Everyone's balance tends to get worse over time.

A fall could significantly limit your ability to remain healthy and self-sufficient. And, we know that it can be hard to admit that you have fallen or are at risk of falling.

Fortunately, falling does not have to be a part of getting older. And, despite being labeled “accidents,” many falls are preventable.



We can help!

To get you started, there are many easy and inexpensive solutions in this brochure to help you maintain your independence.

Then, you can call the Fall Prevention Network for referrals to community resources such as exercise programs and home safety checks.



One phone call can save a life.

By calling the free referral line at 303-922-5555, Adults age 65 and older can access a wide variety of programs. The call is free, but some agencies that we refer you to may have fees.

A trained specialist will refer you to appropriate services that may help reduce your risk of falling.

It's OK to ask for help. The service is confidential and your name will not be added to any list. Call today!



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www.FallPreventionNetwork.com

Many slips and falls are due to hazards that are easy to overlook but also easy to fix.

By making some of the simple changes shown here, you can lower your chances of falling.

Four Steps to Prevent Falls:

Step 1. Begin a regular exercise program.

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Talk to your health care provider before starting an exercise program.



Step 2. Have your health care provider review your medicines.

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines.



Some medicines, or combinations of medicines, can make you sleepy or dizzy and might cause you to fall.

Step 3. Have your vision checked.

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.



Step 4. Make your home safer.

About half of all falls happen at home, and many can be easily prevented. Remove things you can trip over, like papers, books, cords, clothes and shoes.



Floors:

- ❑ Move furniture so that your walking path is clear.
- ❑ Keep things off the floor and stairs – such as papers, books, towels, shoes, magazines, boxes and blankets.
- ❑ Coil or tape telephone and electrical cords next to the wall so you can't trip over them.
- ❑ Remove throw rugs or use double-sided tape or a non-slip backing so rugs won't slip.



Inside stairs and outdoor steps:

- ❑ Always keep objects off stairs and fix loose or uneven steps.
- ❑ Make sure carpet is firmly attached on stairs, or attach non-slip rubber treads to uncarpeted stairs.
- ❑ Tighten loose handrails or put in new ones. Install handrails on both sides of the stairs, which are as long as the stairs.
- ❑ Be sure you have overhead lighting on stairs. Have an electrician put in a light switch at the top and bottom of the stairs.
- ❑ Have a friend or family member change burned out lightbulbs.

Kitchen and laundry:

- ❑ Buy small-sized products, such as laundry soap and milk.
- ❑ Keep items you often use within easy reach.
- ❑ Never use a chair as a step stool.
- ❑ If you do use a step stool, use one with a bar to hold on to.

Bathrooms:

- ❑ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- ❑ Install sturdy grab bars for the tub or shower and next to the toilet.

Bedrooms:

- ❑ Place a lamp close to the bed where it's easy to reach.
- ❑ Install a night-light so that you can see where you're walking. Many night-lights go on by themselves after dark. You can also install light switches or switchplates that glow.
- ❑ Add lighting to dark areas and hang lightweight curtains or shades on windows to reduce glare.

Other safety tips:

- ❑ Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- ❑ Put a phone near the floor in case you fall and can't get up. Keep emergency numbers in large print near each phone.
- ❑ Consider wearing an alarm device or whistle that will summon help in case you fall and can't get up.



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