



WHO'S AT RISK FOR Falling Down?

Falling down can be dangerous. It's also one of the main reasons older people lose the ability to live on their own. Find out how you can lower your chance of falling and become more confident doing the activities you love.



Health
Happens
Here

4 ways to reduce your risk of falling

To stand more steadily:

- 1 Monitor your meds.** Tell your doctor if any of your drugs make you feel dizzy or drowsy.
- 2 Check your vision.** Poor eyesight can make it difficult to move around safely.
- 3 Make your home safer.** Replace burnt-out light bulbs, install nightlights, and remove clutter and cords from pathways.
- 4 Stay active.** Doing exercises like walking or Tai Chi can lower your risk of a fall-related injury.

You can also do this easy balance move to increase your stability:

- Hold on to a steady surface like a counter or chair with one hand, then lift one foot off the floor.
- Hold for as long as you can, up to 30 seconds. Remember to breathe deeply.
- Repeat on the other side. Do several times a day. As you balance for longer, try balancing without holding onto anything.



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