


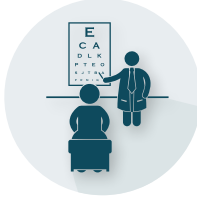




Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!

 <p>1 Find a good balance and exercise program</p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2 Talk to your health care provider</p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist</p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses</p> <p>Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe</p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members</p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>



To learn more, visit ncoa.org/FallsPrevention.

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