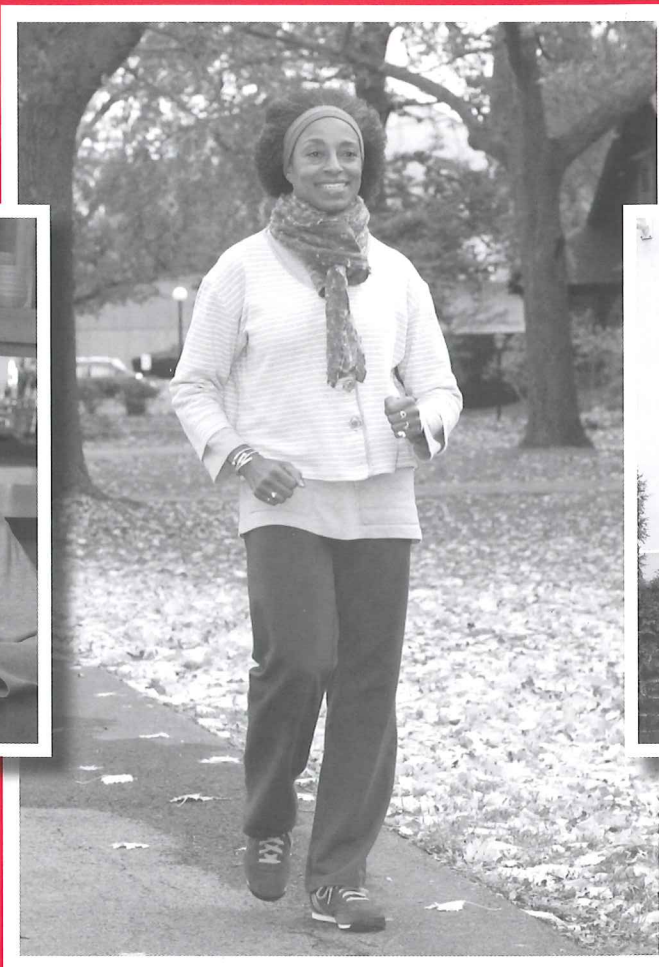


Falls Prevention™

STEP UP TO STOP FALLS



Many Falls are Preventable

These steps can reduce your risk of falls

- STEP ① : Check your risks for falls
- STEP ② : Know your medicines
- STEP ③ : Make your home safer
- STEP ④ : Exercise daily

And remember... tell your friends how they can 'Step Up to Stop Falls'

For more information, contact: 607-274-5482

STEP

1

Check your risk for falls

**Which of the following apply to you?
The more you check the higher your
risk for falls.**

- I fell recently or I'm afraid I might fall.
- I have tripped/slipped/stumbled: these are "mini-falls."
- I occasionally need to steady myself by leaning on someone or something.
- I don't see very well, especially at night.
[Have your vision checked and wear glasses if prescribed]
- I sometimes feel dizzy or lightheaded.
- I have trouble stepping up and down curbs or steps.
- I have trouble getting up from a chair.
- I have numbness or a "wooden" feeling in my legs or feet.

STEP

2

Know your medicines

- Talk to your health care provider about your medicines and how they might affect your balance.
- Bring a list of your medicines to every office visit.
- Include over-the-counter pills (vitamins, patches, supplements, and herbals).
- Review medicines with your health care provider at every visit.
- Take your medicines as prescribed.
- Preferably, use one pharmacy.
- Check the times you take medicines with a pharmacist.
- Do not take a friend or family member's medicine.
- Do not mix your medications with alcohol.
- Report dizziness to your health care provider — medicines can make you weak or dizzy.



STEP

3

Make your home safer

Most falls occur in or around the home.

Conduct a home safety check to look for hazards and changes you can make.

Typical hazards:

- poor lighting
- frayed or torn carpets
- items or clutter in a path
- throw rugs
- electric cords

Things you can do:

- Keep floors and stairs clear of clutter.
- Make sure stairways have secure railings and are well lit.
- Add night lights and keep a clear path from bed to bathroom.
- Clearly mark any changes in floor levels.
- Remove any scatter rugs.
- Install grab bars and bath seats in bathrooms.
- Move frequently-used kitchen and household items to within easy reach.



“for information purposes only”

STEP

4

Exercise daily

Before you begin, ask your doctor which exercises are best for you.

Do one or two simple balance exercises daily. Wear sturdy, well-fitting, flat-soled shoes with room to wiggle your toes.

Stand at your kitchen sink or a sturdy support so you can take hold to steady or recover your balance if needed while doing exercise.

ONE-LEGGED STAND

- *Easy Level:*
Stand on one leg for up to 10 seconds. Repeat 3-6 times for each leg.
- *Moderate Level:*
Stand on one leg and very slowly swing the other leg forward and backward while maintaining your balance.

TAI CHI WALKING

- *Walking sideways:*
Very slowly step sideways bending your knees and lifting your foot as if you are stepping over something. Land gently: 2-3 steps one way then the other. The slower, the better.
- *Walking forward and backward:*
Turn to the side and very slowly take a few steps forward, then backward. As you step, lift your foot as if stepping over something. REPEAT.

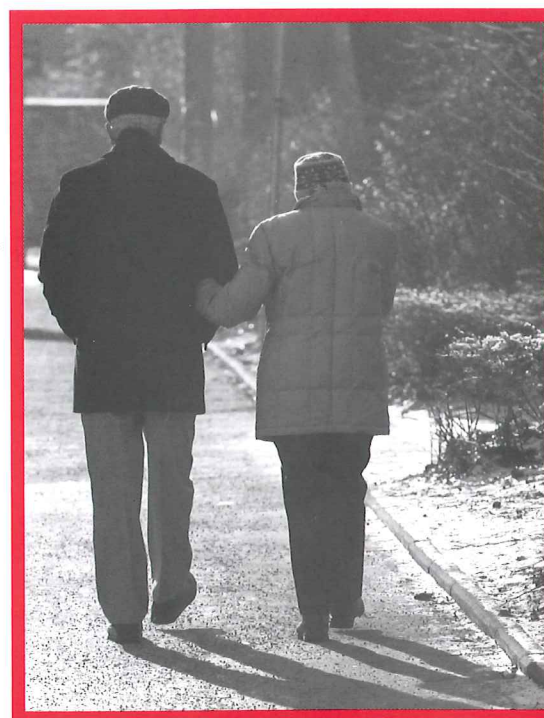
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Quick Falls Risk Self-Check

Score	<i>How easily can you step up onto and over a street curb?</i>
<input type="checkbox"/> 0	Would not attempt by myself
<input type="checkbox"/> 1	Would need help to step UP and DOWN (device or person)
<input type="checkbox"/> 2	Could step UP but would need help to step DOWN
<input type="checkbox"/> 3	Could step UP and DOWN but CAUTIOUSLY
<input type="checkbox"/> 4	Could step UP and DOWN CONFIDENTLY without help

If you scored 3 or less, you are at risk for a fall.
The lower your score the higher your risk.

Most falls are preventable. Act now to reduce your risk.
Daily balance exercises can maintain or improve balance.



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