

Falls are a real concern for older adults



Falls are common and are a real concern for seniors. But many falls are preventable. The first step is to overcome fear and transform it into actions that help you avoid falls. Talk to your healthcare provider about your concerns, and use this checklist to learn how to reduce your risk.

TIPS TO AVOID FALLS

When you say “YES” to these questions, falls become less likely.

Do I exercise regularly?

Regular, moderate physical activity increases your muscle strength and balance. Your healthcare provider can provide an exercise program that’s right for you.

Do I follow a sensible, balanced diet?

Good nutrition results in higher energy. And for stronger bones, remember to include calcium and vitamin D if approved by your doctor.

Have I done a home safety inspection?

Eliminate obvious hazards (such as poor

lighting, throw rugs and clutter). Add safety modifications (such as grab bars, nonslip mats and night lights).

Do I take extra care?

Take your time and think ahead, especially in new or unfamiliar places. When you rise from your chair, stand for a few seconds before walking.

Do I wear the right shoes?

Select sturdy, low-heeled shoes with rubber soles for traction. Make sure they are fitted properly.

Has my healthcare provider reviewed my medications?

Be sure to report all medications you are taking, both prescription and over-the-counter, so that your healthcare provider can assess the benefits and risks of each drug.

Have I discussed my fears with my healthcare provider?

Tell your doctor if you’ve experienced a fall or if you’re having dizziness, balance problems or impaired vision.

Do I have a medical alert service?

Knowing that prompt help is available can give you the confidence to be as active as possible.

Typically, you can either push the button at any time, or fall detectors can automatically place a call for help. Services like Philips Lifeline with AutoAlert can get you the help you need when you need it most.

For more tips on how to live safer at home, go to www.lifeline.ca/publications



www.lifeline.ca

Philips Lifeline can automatically place a call for help if a fall is detected.

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