FINDING OUR BALANCE

PREVENT SLIPS, TRIPS & STUMBLES

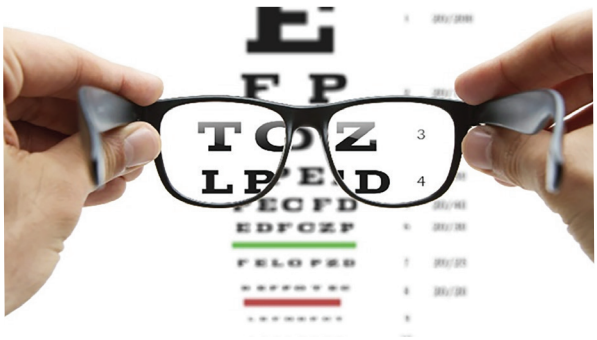
Burien

Talk to your doctor about how to stay independent as you age.

A simple fall can change your life and cause you to lose your independence. Talk to your doctor about what you can do to prevent slips, trips and stumbles.

Things to discuss with your doctor





MEDICATIONS

- ❒ Keep a list of medications and review it with your doctor or pharmacist
- ❒ Take medications as prescribed — don't skip or decrease doses
- ❒ Report adverse drug reaction
- ❒ Never use someone else's medication
- ❒ Discard expired or unused medication

VISION AND HEARING

Get your vision and hearing checked annually. Eye disease and normal aging make it harder to read fine print, judge distance, or identify trip hazards clearly.

Falls are not a normal part of aging. They can be prevented.

For more fall prevention resources and ideas, visit doh.wa.gov/findingourbalance.

Washington State Department of Health

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