FINDING OUR BALANCE

PREVENT SLIPS, TRIPS & STUMBLES



5 simple ways to prevent falls and maintain your independence when you age



1 Keep moving

Find an exercise class near you and work on improving balance and strength. Bring a friend!



2 Talk to your health care provider

Tell them about any recent falls and review your medication to make sure side effects aren't increasing your risk of falling.



3 Keep your home safe

Remove trip hazards like cords and furniture; increase lighting in dark spaces; and install railings on both sides of stairs and grab bars in areas like the bathroom.



4 Get your vision and hearing checked annually

Eye disease and normal aging can make it difficult to judge distances or see hazards.



5 Talk to your family and enlist their help to stay safe. Falls are not just an issue for older adults.

For more information about what YOU can do to prevent falls visit **doh.wa.gov/findingourbalance**.

Washington State Department of Health

DOH 971-047 July 2021

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.