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!

1 Find a good balance and exercise program



Look to build balance, strength, and flexibility. Contact your local senior center/program for information. Find a program you like and sign up!

2 Talk to your health care provider



Ask for an assessment of your risk of falling. Share your history of recent falls.

3 Regularly review your medications with your doctor or pharmacist



Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4 Get your vision and hearing checked annually and update your eyeglasses



Your eyes and ears are key to keeping you on your feet.

5 Keep your home safe



Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6 Talk to your family members



Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

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Burien

Mi Si Senior Center

SNO-VALLEY SENIOR CENTER

ncoa national council on aging

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Check out the Burien TV Channel 21 for resources and videos on how to keep yourself from falling.

- **Home Safety**
- **Aging in Place**
- **ShapeUp Falls Prevention Campaign**

Burienwa.gov/SeniorResources