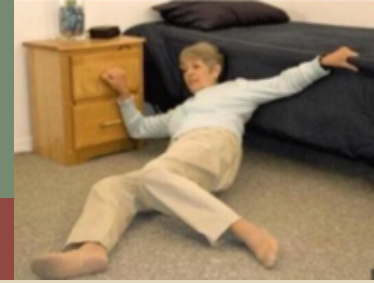


Senior Fall Safety



Seniors 65 and older are at a higher risk of falling.

The following characteristics increase the risk of falls for seniors:

- Low levels of physical activity
- History of previous falls
- Presence of medical conditions
- Use of medications that can cause drowsiness or dizziness
- Exposure to home hazards or dangers

Preventing Falls



Review your medications for side effects that may increase your risk of falling.



Stay active to improve balance and flexibility.



Wear sensible shoes with nonskid soles.

Reduce Home Hazards



- Clear walkways of boxes and electrical cords.
- Secure throw rugs.
- Repair loose floorboards.



- Use non-slip mats and a bath seat in the bathtub.
- Install grab bars inside and outside of the tub.



- Turn on the lights before using the stairs.
- Install railings on both sides of the stairs.

