

6. Make your home safer.

About half of all falls happen at home.
To make your home safer:

- ⇒ Remove things you can trip over (like papers, books, clothes/shoes, and electrical cords) from stairs and places where you walk.
- ⇒ Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- ⇒ Keep items you use often in cabinets you can easily reach without using a step stool.
- ⇒ Have grab bars securely installed next to and inside the tub and next to the toilet.
- ⇒ Use non-slip mats in the bathtub and on shower floors.
- ⇒ Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.
- ⇒ Have handrails and lights put in all stairways.
- ⇒ Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

**For resources,
services & support
contact:**

LifeLong Links

**1-866-468-7887
www.lifelonglinks.org**

Brain Injury Alliance of Iowa

**1-855-444-6443
www.biaia.org**

Iowa Brain Injury Services Program

Iowa Dept. of Public Health
Lucas Building
312 12th Street
Des Moines, IA 50319

Brain Injury Program Manager
515-281-8465
www.idph.state.ia.us/ACBI/

What **YOU** Can Do To Prevent Falls



Six things **YOU** can do to prevent falls:

Falls are NOT a natural part of aging as many falls can be prevented. By making some changes, you can lower your chances of falling.

1. Regularly review your medicines.

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines.

As you get older, the way medicines work in your body can change.

Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.



2. Talk to your health care provider.

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

3. Have your vision checked.

Have your eyes checked by an eye doctor at least once a year and update your eyeglasses. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chance of falling.



4. Talk to your family members.

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

5. Exercise to improve your balance and strength.

Exercises that improve balance and make your legs strong, lower your chance of falling. It also helps you feel better and more confident. Lack of exercise leads to weakness and increases your chances of falling.

Ask a doctor or health care provider about the best type of exercise program for you.

Examples of classes that provide these kind of exercises are: *Stepping On*; *A Matter of Balance*, and Tai Chi for Arthritis.

Contact your local community or senior center for information on exercise or falls prevention programs, or for options for improving home safety.

(over for more tips)