

Falls Prevention

Brain Injury Alliance of Iowa

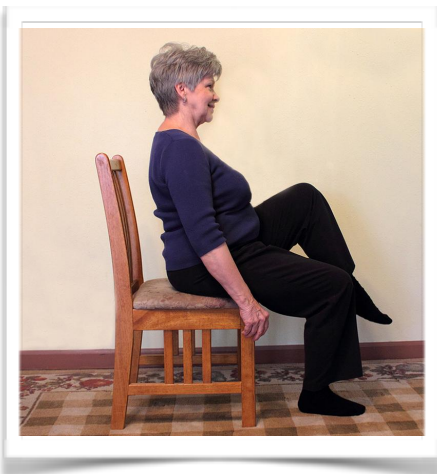
Simple Steps

Following a safety program to ensure you lessen your risk of a fall!



TYPES OF EXERCISES FOR STRENGTH AND BALANCE

- Heel-toe standing
- Front knee strengthening
- Heel raises (sitting and standing)
- Toe raises (sitting and standing)
- Good morning stretch
- Head turns



1

GO AT YOUR OWN PACE

It is important to not rush or go at a fast pace when going from point A to point B.

2

SEE IF YOU HAVE A BALANCE DISORDER

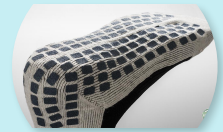
Treatments and solutions are available for cases of vertigo, disorientation, lightheadedness or if you faint easily.

3

GET YOUR VISION TESTED

If you experience blurred or impaired vision it is extremely important to find glasses or other solutions to combat those problems.

Small additions:



Use items such as socks with traction for walking



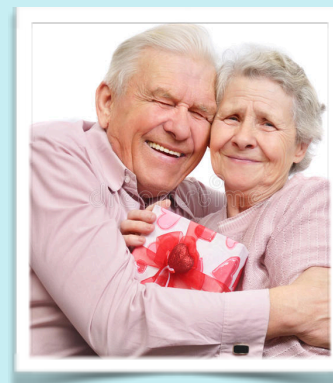
If necessary, use a walker or cane for additional support and center of balance.



Always have a fast method to contact someone in case you do end up having a fall.

PREVENTION TIPS

- Review medications** because some may actually cause dizziness or react with other medicines you might already be taking.
- Identify potential hazards** out in public or even in your home. For example, a curb, buckled carpet/rugs, and wet floors can all be hazards.
- Find comfy footwear** that is not too big or too small for your feet, and something that does not inflict pain.
- Keep your **personal space clutter free** and of good lighting so you have access to space like handrails, stairs, and uneven ground.



Major Resources in Iowa

- Matter of Balance
 - www.ncoa.org/resources/program-summary-a-matter-of-balance
- Tai Chi Exercise Classes
- EMC Insurance Falls Prevention Resources
 - www.emcins.com/lossControl/topicsIndustries/slipsTripsFalls.aspx
- Brain Injury Alliance of Iowa support groups
 - www.biaia.org/services/support-groups
- Steadi Tool-Kit
 - www.cdc.gov/steady/index.html
- Stepping On
 - www.uihc.org/stepping-on
- Iowa Department of Public Health
 - www.idph.iowa.gov/falls-prevention
 - Falls Prevention Coalition



Our contact:

- Website: www.biaia.org
- Facebook: www.facebook.com/braininjuryallianceofiowa
- Twitter: www.twitter.com/bia_iowa
- YouTube: www.youtube.com/channel/UChA-bLo-2EGMJJScPuoTzA
- Instagram: www.instagram.com/braininjuryallianceiowa

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