



# Ageing Well Together Falls Prevention

## FALLPROOF YOURSELF!

Keep moving



Wear comfortable footwear



Fallproof your home



Fallproof your community



Ask for help with chores



Use helping devices



Take your time



Eat well



Know your medications



Watch your step



Be careful with alcohol



Get regular checkups





## Preventing Falls Together

### FALLPROOF YOURSELF!

- **Keep moving.** Daily exercise and physical activity will help you stay on your feet by improving your balance and making you stronger and more flexible.
- **Wear shoes with good support and non-slip soles.** Don't walk around in socks.
- **Fallproof your home** by finding and fixing hazards. Seniors' organizations and community groups can sometimes help with repairs.
- **Fallproof your community.** Work with other seniors to find the hazards in public places and have them remedied.
- **Ask for help with chores**—for example, changing the bulbs in ceiling lights or carrying heavy items up and down stairs.
- **Use helping devices** and have them checked regularly. Make sure that the tips of canes or walkers are not worn down and they are the right size for your height.
- **Take your time.** Stand up slowly after lying down or sitting. If you feel dizzy or light-headed, sit down until your head clears.
- **Eat well.** You need regular, healthy meals to stay strong, healthy, and upright.
- **Know your medications** and what they do. Some medicines or combinations of medicines can make you dizzy, drowsy, or clumsy. Ask your doctor or pharmacist to review all the medicines you take, including over-the-counter remedies, to be sure they are safe together.
- **Watch your step.** Check ahead to be sure you don't trip on a pet or another obstacle. Turn on lights as you go from room to room.
- **Be careful with alcohol.** The older you get, the more quickly alcohol will affect you. Be careful not to mix alcohol with medications.
- **Get regular check-ups.** Visit your doctor every year for a check-up and a chat about any changes to your health. Have your eyes and ears checked regularly. If you need glasses or hearing aids, use them.



## SOME IDEAS FOR USING THE FALLPROOF YOURSELF CIRCLES

- Enlarge them separately on a photocopier and use them in your displays. (colouring optional!)
- Use them with elementary school children for a falls prevention colouring contest.
- Use them with young elementary children to start a discussion: what lesson about falls do you see in each picture?
- Have participants pick the circles from a hat. As they are drawn from the hat, talk a little bit about the subject of the circle—or ask participants to talk about it!
- Laminate them and use as fridge magnets. (colouring recommended!)
- Use the circles to divide participants into discussion groups by having several copies of each circle corresponding to the size of group you want. You will only use as many different circles as the desired number of groups, e.g., for dividing group of 25 into 5 groups of 5: Use 5 different circles, make 5 photocopies of each. Ask participants to pull out of a hat—or distribute them to each at random.
- Use them to correspond with the months of the calendar to focus the topic of discussion about falls at monthly meetings.