

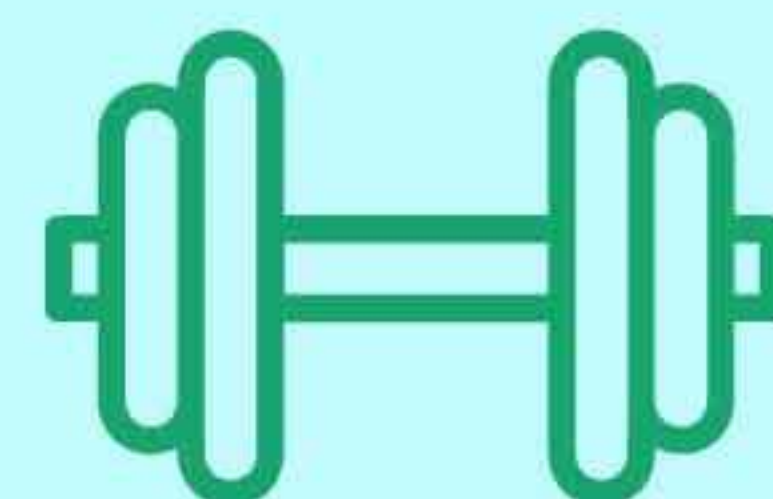
# TIPS TO HELP SENIORS AVOID FALLS

A BAD FALL CAN BE LIFE-ALTERING – FROM CAUSING IMPAIRED MOBILITY TO POSSIBLE BRAIN INJURIES. HELP REDUCE THE RISKS OF FALLING.



## CHECK MEDICATIONS

Ask the doctor to check your loved one's medications for side effects such as dizziness or drowsiness.



## GET REGULAR EXERCISE

Strength and balance exercises like standing on one foot and weight-lifting can help build up muscle bulk.



## "PUMP THE GAS"

After sitting for a long period, have your loved one point and flex their feet a few times before standing to get the blood flowing.



## FALL-PROOF THE HOME

Remove loose rugs, cords and clutter. Make sure rooms have good lighting. Install grab bars in the bathroom and along walkways.



## WEAR THE RIGHT SHOES

Choose well-fitting shoes with low, wide, flat heels and non-slip soles. Wear them both indoors and out.