

# Preventing Falls

Use this sheet to learn more about how you can prevent falls.



## Talk with your doctor about ways to prevent falls.

Tell your doctor right away if you fall. Talk to your doctor if you worry about falling or feel unsteady. Review all the medicines you take with your doctor. Some medicines can make you sleepy or dizzy, which can cause you to fall.



## Do exercises that help with balance.

Some exercises, such as Tai Chi, can help you with your balance and make your legs stronger. Doing these exercises can help lower your chances of falling. Talk with your doctor about what types of exercises might be best for you.



## Make the rooms in your home safer.

Here are a few tips to help prevent you from falling in your home: Remove items you can trip over (such as clothes or shoes) from places where you walk. Use non-slip mats in your bathtub or shower. Install better lighting in your home.



## Get your eyes checked each year.

If you have trouble seeing, you may have a higher chance of falling. Get a yearly eye exam from your eye doctor. Your eye doctor can tell you if you have any health problems that affect your vision. Update your glasses if needed.



## Get your feet checked.

Have your doctor check your feet each year. Ask about what types of shoes you should wear to help prevent falls. Your doctor may recommend that you see a podiatrist (foot doctor) in some cases.