



You can keep falls from happening



Talk to your doctor

The chance of falling goes up as you get older. Follow these tips to lower your chances of a fall.

- Tell your doctor if your medicine makes you feel dizzy or sleepy.
- Tell your doctor if you need to hold onto walls, furniture or someone else to walk. You might want to try physical therapy. It uses movement to help with pain and weakness.
- Ask your doctor if a cane or walker might help.
- Get your eyes and hearing checked often.
- Wear shoes that have low heels and don't slip.
- Stay hydrated. Not drinking enough water can cause falls in older adults.
- Limit alcohol.
- Get plenty of rest. If you don't get enough sleep, your balance can get worse.
- Take part in a fall prevention class.



Fall-proof your home

Most falls happen at home. Here's how you can stop them from happening:

- Remove clutter from hallways. Put electric cords away.
- Make sure your home is well lit, including night lights.
- Don't use throw rugs. Make sure the carpet is in place so you don't slip and fall.
- Put handrails on both sides of the stairs. Also put grab bars in the bathroom.
- Use mats in areas that get wet and slippery. The shower and bathtub are good places for mats.
- Don't stand on a chair or table to reach something high.
- Watch out for pets. Don't let them trip you.
- Keep your phone and emergency numbers close by.



Stay active to support your strength and balance

When you're less active, you're more likely to fall. Check out these tips to improve your strength and balance:

- Do workouts that make the muscles in your lower body stronger. The best way to stop falls is to make your hips and thighs stronger.
- Add balance moves to your workouts and daily activities.
- Plant a garden, clean, take the stairs or go on a walk. These are great ways to stay active.
- Join the Optum Virtual Community Center at youtube.com/user/optum. You'll find many safe and fun virtual workout classes.

Sources

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