



# DON'T YOU DARE!

Get your son  
to move what  
you need to  
the lower shelf.

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Health Advocates

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## FALL PREVENTION

Talk to your doctor about ways to help prevent falls or treat problems with balance or walking. Falling and fracturing threatens your ability to live independently. Repeated falling, even without injury, also threatens your ability to live independently. Overall, 3 to 4 out of 10 people over the age of 65 fall each year. If you have fallen in the past, you are at higher risk of falling again.

### Tips for Fall Prevention

#### ★ MAKE YOUR HOME NEAT/SAFE

- ❖ Clean up the clutter daily
- ❖ Wear sturdy shoes
- ❖ Clear walkways of table corners, wires, shoes, bags, etc.
- ❖ Avoid throw rugs, but if you must have them make the rugs nonskid with gradual edges
- ❖ Install grab bars in bathrooms, near toilets, in showers, and doorways
- ❖ Use shower chairs
- ❖ Install handrails on both sides of stairwells
- ❖ Carry laundry in a back pack to keep your hands on both stair rails
- ❖ Do not go down stairs, ask your children to do it
- ❖ Move the laundry and the bedroom to the main floor with the kitchen
- ❖ If you move, move to a one-story house or apartment

- ❖ No ladders = No ladders = Did I say no ladders? YES, no ladders!
- ❖ Ask us if we think you need an emergency call button in case you do fall

#### ★ WALKING

- ❖ Walk three minutes every 15 minutes – the more walking the better
- ❖ Go to balance exercises, Tai Chi, dancing, boxing training (tell your doctor if you are participating in balance exercises)
- ❖ Get a good-looking cane and walk in style
- ❖ Don't be shy about using a walker if recommended

#### ★ PETS

- ❖ Great for taking you on more walks
- ❖ An ill-behaved pet will trip you and break your hip = find it a good home to go to

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