



Central Plains Area Agency on Aging



Take Steps *to* **SUCCESS**



Prevent Falls

TODAY

— Check to make sure your home is safe

- Remove clutter that blocks walkways
- No loose rugs on the floor
- Good lighting in the stairways and halls
- Steps have handrails and non-skid surfaces
- Grab rails near toilet and tub
- Furniture arrangement gives enough room to walk freely
- Items used often are stored within easy reach

— Wear shoes that have good support and non-slip soles

— Participate in regular exercise to promote strength and balance

- 150 minutes of moderate activity per week (chair exercises, walking, yard work, dancing, yoga...)

— Talk with your doctor if you've fallen or feel unsteady

- Review medications
- Check vision
- Discuss health conditions

— Don't give up activities you enjoy out of fear

- Call us about fall prevention classes near you
- Call us about home safety assessments
- Call us about available community resources



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**For more information on
fall prevention contact 855-200-2372**