

- **Falls can be caused by many different factors. Here is a list of some things that can increase the risk for having a fall:**
 - Having obstacles like rugs, cords, clutter, or loose steps in the home
 - Changes in vision
 - Decreased strength or sensation
 - Dizziness or unsteadiness
 - Medications or use of other substances
 - Being sleepy
 - Blood pressure changes
 - Not wearing the most appropriate footwear for an activity
 - Not using an assistive device (like a cane) correctly
 - Being on unsteady or slippery surfaces

- **A fear of falling can make people less active, which can lead to weakness and a higher risk for having falls. The good news is that there are things you can do to prevent falls. Here are some tips for decreasing the risk for falling:**
 - Changes in vision
 - Remove clutter and obstacles in your home.
 - Secure rugs in the home.
 - Keep your home brightly lit so you can see clearly and use lamps and/or nightlights.
 - Add grab bars and non-slip mats in the bathrooms to increase safety with slippery surfaces.
 - Use handrails on the stairs and install non-slip treads on steps.
 - Tell your doctor about any falls you have had, even if you caught yourself or did not get injured.
 - Ask your doctor about receiving a fall risk assessment if you have noticed changes with your balance or walking.
 - Find out the side effects of any medication you are taking and let your doctor or pharmacist know if your medication makes you feel dizzy.
 - Let your medical providers know all medications and supplements you are taking.
 - Limit alcohol use.
 - Get enough sleep.
 - Stand up slowly if you have any lightheadedness or unsteadiness when getting up from a chair or bed.
 - If you use an assistive device, like a cane or walker, make sure you have been trained on how to use it properly. Your doctor or physical therapist can make recommendations about appropriate devices and help fit the device to you.
 - Wear supportive, non-skid footwear.
 - Ask your doctor about being referred to physical therapy if you are having dizziness, unsteadiness, have had stumbles or falls, or have changes in strength or sensation.

***If you are losing your balance, having falls (or near falls), or are worried about falling, let a medical professional know!**



Additional Comments:

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