

Fall Prevention: Your Safety Matters

9 Tips to avoid falls and injuries

More than one in four older people fall down every single year. Some things can make falling easier, like when your eyes or ears don't work as well as they used to, when your muscles get weaker, when you have trouble keeping your balance, or when the pills you take make you feel dizzy. It doesn't matter how strong or healthy you look – anyone can take a tumble.

We want to help you stay safe, so try these easy tips to avoid falls, make your home safer, and learn what to do if you do slip and fall.

1 Stay Physically Active

Make a workout plan that works for you. Exercising regularly helps you get stronger and move better. Some fun exercises like yoga, pilates, and tai chi can help you stay steady and build muscle power.

2 Talk to Your Doctor

A fall can alert your doctor something might be wrong with your health, your medicines, or your vision. Your doctor can help correct these problems. They might suggest special exercises, a walking stick, or other ways to prevent you from falling again.

3 Review Medications

Find out about the possible side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.

4 Hearing & Vision Tests

Even tiny changes in how you see and hear can increase your risk of falling. Always wear your glasses or contacts just like your eye doctor tells you. If you have a hearing aid, make sure it fits right and wear it all the time.

5 Footwear Support

Pick shoes that give your feet good support with rubber soles and low heels. Never walk on stairs or floors wearing socks or shoes with slippery bottoms. Your shoes should help keep you safe and steady.

6 Assistive Devices

Canes and walkers can help prevent you from falling if you use them the right way. A special helper like a physical therapist can show you which walking tool works best for you. They'll teach you how to use it safely and keep you steady.

7 Get Enough Sleep

If you are tired, you are more likely to fall.

8 Avoid Bad Weather

Avoid rain, snow, and icy conditions. Many stores offer home delivery of medicines and groceries to keep you safe and comfortable.

9 Limit Alcohol

Too much alcohol can lead to balance problems and falls, which can result in injuries.



To Learn More Visit
eternalHealth.com/HealthyYou

What To Do if You Fall

At eternalHealth, we understand that falls can be scary and unexpected. If you do fall, stay calm and follow these important steps:

✓ Breathe and stay calm.

Take several deep breaths to help you relax. Remain still on the floor for a few moments. This pause will help you recover from the shock.

✓ Check for injuries.

Carefully assess your condition. Moving too quickly or incorrectly could potentially worsen any injury.

✓ Safely reposition yourself.

If you're able, slowly crawl to a sturdy chair. Take your time, move carefully, and use the chair to help you sit up slowly.

✓ Call for help.

Keep an emergency alert device with you at all times. Our eternalHealth Care management team recommends an emergency medical alert system which can be a necklace, bracelet, or smartwatch.

Prevention is Key

Need Guidance?

We are here to help. Our eternalHealth team is committed to helping you stay safe and independent. Call us if you have questions about fall prevention strategies or personal care recommendations.

1 (800) 787-5076 (TTY 711)

Monday - Friday, 9am - 5pm EST



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