

Fall Prevention: Six Tips to Prevent Falls



Falls are the leading cause of injury in older adults. As you get older, your risk for falling increases. Follow these six tips to help prevent falls.

1. Make an appointment with your provider.

Your provider can help you make a plan to prevent falls. Your provider may:

- Check your balance
- Check the condition of your feet
- Check your vision and hearing
- Check your blood pressure lying down and standing up
- Ask you what medicine you take
- Ask you if you have fallen before
- Suggest an exercise or physical therapy program

2. Stay active.

Try to walk each day. Exercise can help keep your muscles and joints strong and help prevent falls.

3. Wear shoes with non-skid soles.

High heels, floppy slippers, and shoes with slick soles can make you slip, stumble or fall.

4. Remove home hazards.

Take a look around your home. You can make your home safer.

- Move coffee tables, electrical cords and phone cords away from walkways.
- Remove loose rugs.
- Clean up spilled liquids, grease or food as soon as possible.
- Use non-slip mats in your bathtub or shower.

5. Keep your living space bright.

Keep your home brightly lit to avoid tripping on objects that are hard to see. You may have trouble seeing objects at night. Use a night light to help you stay safe.

6. Use assistive devices.

Your provider might want you to use a cane or walker to keep you steady.



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