

# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**  
**Stay safe with these tips!**



**1**

## Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



**2**

## Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



**3**

## Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



**4**

## Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



**5**

## Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



**6**

## Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).