

Preventing Falls

Did you know 1 in 4 older adults report falls each year?
Follow these steps to prevent falls and stay independent.



Talk to you doctor

- If you have fallen or afraid you may fall, let your medical provider know.
- Review your medications and discuss side effects like dizziness or sleepiness.



Stay Active

- Participate in activities that strengthen your legs, like walking or tai chi.



Keep your home safe

- Floors should be clutter-free
- Remove or tape down rugs
- Add grab bars to showers and bathrooms
- Add lighting to stairwells and other dark areas
- Be mindful of pets in your home



Check your eyes

- Schedule and keep your annual vision checks.
- Keep your eyewear prescriptions updated.



THE AUSTIN DIAGNOSTIC CLINIC

Source: [cdc.gov/steady/patient.html](https://www.cdc.gov/steady/patient.html)