

As You Age, Your Risk of Falling Increases

Prevent a Fall

Protect Your Independence

Safe Steps Checklist ✓



Eat Healthy to Stay Healthy!

The food you eat can prevent falls and injuries. Vitamin D and calcium are very important if you are at risk for osteoporosis. Eat regular healthy meals with lots of vegetables and fruit.



Keep Active to Stay Strong!

Be active every day to keep your balance strength and stay flexible. Walk regularly and find an activity that you enjoy. Minutes count. Ten minutes of activity a few times a day adds up.



Keep Focused to Stay Safe!

Good vision can help keep you in focus and safe on your feet. Have your vision checked at least once a year. Keep your glasses clean and in good repair. Wear sunglasses on bright days to reduce glare.



Be Prepared to Stay Safe!

Prevent falls in your home by making simple changes. Install handrails on both sides of stairways. Secure all rugs to the floor with double sided tape to avoid tripping. Install grab bars in the shower and near the toilet.



Medications Matter!

Taking 3 or more medications make it more likely you will fall. Some medications can make you sleepy or dizzy. If you take more than 3 medications, visit your pharmacist for a free medication review. Avoid mixing alcohol and medications.



Step Safely with Smart Shoes!

High heeled shoes and loose boots can cause falls and ankle injuries. Choose sturdy shoes with a flat non-slip sole and no heel so you can walk without worry. Buy well-fitting slippers with backs to support your heels. Use grips on your shoes in the winter for extra traction.



Don't Fall Again, Check It Out!

One-third of people over 65 and half of people over 80 have a fall at least once a year. The biggest risk for falls is a past fall. If you've fallen, get checked by your doctor or health care provider. A fall could mean something is wrong.



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