

# Fall Prevention

Anyone can fall, but the risk of falling increases with age. The first step to avoiding falls is to understand what causes them. You can prevent falls by making the needed adjustments to your home and lifestyle.

## Walking/Getting Around

- Eliminate clutter. Keep pathways clear, particularly between the bedroom and bathroom.
- Wipe up spilled liquids immediately.
- Consider a cordless phone to avoid rushing to answer.
- Have good lighting throughout the house, and install nightlights.
- Move slowly out of your bed or chair. Getting up suddenly can make you dizzy.
- Make sure that scatter rugs and floor wax are non-slip.
- Never rush up or down stairs, and make sure your stairs are well lit.
- Have handrails on both sides of the stairway. Take off your reading glasses when going up or down the stairs.
- Always wear shoes with non-slip soles. Avoid slippers!

## Bathroom

- Ensure that you have non-slip surfaces in the tub or shower.
- Install grab bars by the toilet and bath to help you sit and stand. Use a raised toilet seat and a bath seat in the shower.

## Health

- Find out about the possible side effects of your medications, and read directions carefully. If your medications cause dizziness or sleepiness, adjust your activities so you are not at risk of falling.
- Avoid alcohol, particularly in combination with medications.
- Nutritious meals keep up strength, resistance, and balance.

## Healthy aging... body, mind and spirit

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# Healthy aging

*body, mind and spirit*



- Engage in physical activity every day.
- Consult your doctor before embarking on an exercise program.
- Have your vision and hearing checked regularly.

## Should you fall...

- Attempt to land on your buttocks to prevent more serious injuries.
- Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

## For more information:

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