Falls are the leading cause of injury deaths for American Indian adults ages 55 and over.¹

6 STEPS TO PREVENT A FALL

FIND A GOOD BALANCE AND EXERCISE PROGRAM
Exercises that focus on balance and strength training can reduce the risk of falling.

TALK TO YOUR HEALTH CARE PROVIDER
Ask for an assessment of your risk of falling. Share your history of recent falls.

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.

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

TALK TO YOUR FAMILY MEMBERS
Get their support in taking simple steps to stay safe. Falls are not just an elders’ issue.

GET YOUR VISION AND HEARING CHECKED ANNUALLY
Your eyes and ears are key to keeping you on your feet.

FALLS ARE PREVENTABLE AND DO NOT HAVE TO BE A PART OF AGING

¹CDC WISQARS 2018