

# 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!**

<p><b>1</b></p>  <p><b>Find a good balance and exercise program</b></p> <p>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.</p>	<p><b>2</b></p>  <p><b>Talk to your health care provider</b></p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>	<p><b>3</b></p>  <p><b>Regularly review your medications with your doctor or pharmacist</b></p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>
<p><b>4</b></p>  <p><b>Get your vision and hearing checked annually and update your eyeglasses</b></p> <p>Your eyes and ears are key to keeping you on your feet.</p>	<p><b>5</b></p>  <p><b>Keep your home safe</b></p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	<p><b>6</b></p>  <p><b>Talk to your family members</b></p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

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

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