

# Chronic Conditions and Falls Risk: Concussions

Learn the link between concussions and falls, and which falls prevention program is right for you.

## Concussion Facts



- You do not have to be unconscious to get a concussion.

## Falls Risk Factors



- Imbalance
- Dizziness or low vision clarity
- Medication side effects
- Home hazards

## Solutions



- Discuss medication/lifestyle changes with your doctor
- Reduce home hazards (loose rugs, clutter)
- Wear proper shoes

## Falls Prevention Program Options



## Contact Information