Catch Yourself

Simple Steps to Prevent Falls

Your risk of falling increases when you have:

- vision problems
- arthritis
- depression
- difficulty thinking
- multiple medications
- muscle weakness
- a history of falling
- difficulty balancing
- difficulty walking

The following steps can help you "*Catch Yourself*" by reducing the risk of falling and avoiding the serious consequences associated with falls:

1. **Have a Fall Risk Assessment and review of your medications performed by your physician or a trained healthcare professional**

   - Ask your physician what types of activities would be best for you
   - Ask your pharmacist about medication interactions
   - Review your medications periodically with a health professional

2. **Engage in regular physical activitiy**

   - Ask your physician what types of activities would be best for you
   - Determine a plan for regular physical activity that fits with your interests and abilities.
   - Consider targeted balance and mobility exercises that are most effective at reducing rall risk.

3. **Get an assessment of your home environment and make changes to reduce safety risks**

   - Use a home safety checklist or consult with a professional to identify home safety risks
   - Modify your home to make it safer - for example, reduce clutter, improve lighting and assure handrails and grab bars are securely installed.

FALL PREVENTION
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Additional Information

For more information, contact the Program Office at (213)740-1364, email info@StopFalls.org, or visit www.stopfalls.org
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