

## WHAT YOU CAN DO TO PREVENT FALLS – RECOMMENDATIONS CHECKLIST

### What older adults and their families can do to prevent falls

- ✓ *Know your health history, activities, and environment to understand your fall risk*
- ✓ *Talk to your doctor about falls, fear of falling, and what you can do to prevent falls*
- ✓ *Ask your doctor or pharmacist to review your medications to reduce side effects such as dizziness*
- ✓ *Have your eyes checked regularly and wear prescribed corrective lenses*
- ✓ *Participate in regular physical activity, like Tai Chi, that increases strength and balance*
- ✓ *Reduce home fall hazards such as poor lighting and clutter, and consider safety modifications such as installing grab bars and non-slip mats in bathrooms*

### What public health professionals and senior service providers can do to prevent falls

- ✓ *Encourage regular physical activity among adult clients to help reduce fall risk as they get older*
- ✓ *Explore the development of fall prevention programming in your practice, using a multifactorial approach*
- ✓ *Educate staff working with older adults about fall risk factors and prevention strategies*
- ✓ *Be proactive in assessing fall risk among older adult clients*
- ✓ *Advocate for the adoption of fall prevention programs and policies in your organization*
- ✓ *Modify the environment of homes and public spaces to enable older adults to move around safely*
- ✓ *Provide accessible fall prevention information and resources to older adults and their families*

### What policymakers can do to prevent falls

- ✓ *Develop a countywide coordinated and collaborative plan among public and private agencies and other stakeholders. Promote widespread adoption of fall prevention programs at the local level*
- ✓ *Include fall prevention requirements in government planning documents and strategic plans*
- ✓ *Advocate for additional funding for fall prevention research and programs*
- ✓ *Advocate for regular maintenance and needed modification of public spaces in areas with large older adult populations*
- ✓ *Advocate for the improvement of data collection practices to better track fall-related injuries and deaths to aid in prevention activities*