

Let's Talk About Falls: 5 Easy Ways to Talk to Your Family and Friends About Preventing Falls

Family and friends can play an important role in keeping you falls free. They support you for all events in your life and can also help you be independent and safe from falls.

- 1. Start off small.** Have a one-on-one conversation with a trusted friend or family member about your concerns about falls. They might have ideas and solutions.
- 2. Ask for help and be specific.** The more information you share, the more your family can help you. Ask them to help you find information that would be most helpful to you.
- 3. Involve the family.** Share with your family any upcoming medical appointments, what medications you are taking, and any current problems or concerns you have. Remember to let them know if you have already fallen and what the happened after you fell.
- 4. Keep talking.** One conversation is often not enough. Keep revisiting the topic with your family and friends and let them know if your needs change or grow.
- 5. Be assertive!** Be clear and confident as to what you need. Ask your family members to help you with actions you are taking to prevent falls, such as removing home hazards and making home modifications, like adding grab bars in the bathroom.