

From Awareness to Action:

Putting the Pieces Together to Prevent Falls

Stay Strong & Stable

Find things you can do in the comfort of your own home. Even simple strength and balance exercises can make a difference and increase confidence!

Talk to Your Doctor

Falls can be prevented and are not a normal part of aging. Your doctor can help you minimize your risk of falling.

Review Your Medications

Review medications with your doctor or pharmacist to make sure side effects won't increase your risk of falling. Take medications only as prescribed.

Get Annual Eye Exams

When was your last eye exam? Keeping your eyes and ears healthy is an important factor in keeping you on your feet.

Keep Your Home Safe

Have you removed hazards such as rugs and cords? Also be sure rooms are well lit and put grab bars near stairs, in the bathroom, etc.

Talk to Your Family

Ask for ideas and support from your family or local resource center to prevent falls. Small changes can make a difference!

Local Partner Information

Find the Fall Hazards: Can you spot the 3 fall hazards in each room?

Living Room



Kitchen

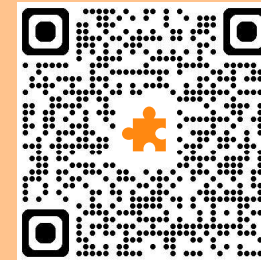


Basement



Looking to test your skills further?

Check out the Falls Free Wisconsin Interactive Home Safety Challenge!



Answers: Living Room: Rug, Pet, Cord
Kitchen: Heavy appliance up high, Water spill, Step stool
Basement: Burnt out light bulb, Clutter, Floor drain not marked

Learn more at [FallsFreeWI.org](https://www.FallsFreeWI.org)

