



Preventing Falls: How to Reduce Your Risk

What can you do to prevent a fall?

1. Be active

Exercises that build balance, flexibility, and strength can help prevent falls, help you recover after a fall, and improve your overall health.



For example:

- Walking, biking, aquafit classes, pickleball, gardening
- Exercises using light weights, tai chi

Aim for **150 mins** of physical activity per week
(30 minutes, 5 days per week)
+
Balance and strength exercises
2–3 times per week

- Look for programs or classes in your community.
- If you're worried about falling or having trouble moving, try home exercise videos that can be done in a chair or on a bed.

Refer to the Resources

If you have any concerns before starting a new activity, check with your health care team.

2. Review your medications

- Some medications can affect your balance or make you feel dizzy, sleepy, or confused and increase your risk of falling.
- Tell your doctor about all the medications you are taking, including over-the-counter, natural products, and cannabis.

3. Make your home safer

- Use the Checklist for Home Fall Prevention to avoid falling at home. **Refer to the Resources**
- If you live alone or are concerned about falling, consider a medical alert device. More information: <https://seniorsbulletin.ca/best-medical-alert-systems-canada>

Other things to consider

- **Vision and hearing:** Changes can affect balance and awareness. Get your eyes checked yearly and your hearing tested.
- **Feet and shoes:** Foot pain or conditions like arthritis, diabetes, or neuropathy can affect walking. Wear proper shoes.
- **Mobility aids:** Canes and walkers can help with balance when used correctly. Ask your health care team.
- **Healthy eating and fluid intake:** Get enough vitamin D and calcium to keep your bones strong. Drink enough water to avoid feeling tired, weak, or dizzy.
- **Sleep:** Tell your health care team if you have trouble sleeping, take sleeping tablets, or feel tired during the day.
- **Alcohol:** Drinking increases the risk of falling. Consider reducing or stopping.



RESOURCES

Active Aging Canada

www.activeagingcanada.ca/
Physical Activity for Older Adults
(English/French plus 12 other languages)

Finding Balance Alberta

Stay Independent. Prevent Falls.

<https://findingbalancealberta.ca/>

- Home Safety Checklist. Spot the Hazard.
<https://findingbalancealberta.ca/wp-content/uploads/Spot-the-Hazard-Booklet-WEB2.pdf>

Stopping Elderly Accidents, Deaths & Injuries (STEADI) Older Adult Fall Prevention

Patient & Caregiver Resources:
www.cdc.gov/steady/patient-resources/index.html

