



Falls Can Be Prevented!



Falls are a leading cause of preventable injury for older adults in Ontario:

- Falls are responsible for 95% of hip fractures in people 65 years of age and older. About 20% of seniors who suffer a fracture will die within a year (*Public Health Agency of Canada, 2014*).
- Falls may not injure a person, but can still result in lost confidence and decreased activity. This can lead to declining health and function, and cause future falls with more serious outcomes (*Journal of Gerontology, 2000*).

Falls Prevention Checklist

- ✓ Ask your health care provider or pharmacist about possible side-effects of prescription or over-the-counter medication.
- ✓ Be physically active every day. Join an exercise program that aids agility, strength, balance and coordination.
- ✓ Install grab bars on bathroom walls and use a rubber mat on the bathroom floor.
- ✓ Do not run extension cords across pathways.
- ✓ Keep steps and walkways well-lit, in good repair and free of clutter, snow, ice and leaves.

F Fitness. Keep fit for strength and balance and don't let fear of falling prevent social interaction and regular activity in or out of your home.

A Assistive Devices (such as grab bars, walkers, canes, wheelchairs) need to be installed and used correctly.

L Look for factors that can cause falls (poorly fitting shoes and clothing, scatter rugs or mats, slippery floors and sidewalks, clutter, poor lighting, etc.).

L Let your support system (family, friends, doctors) know of any near falls or unsteadiness. They could be related to medication side-effects or other health issues.

S Schedule a yearly health check-up (including vision and hearing).

For more ways to prevent falls, contact your registered health care professional or visit:

Website: <http://northumberland.safecommunities.parachutecanada.org>

Email: safecommunitiesnorthumberland@gmail.com

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