

Finding Balance

Prevent a fall before it happens



Anyone can fall, but as you age the risk increases. Falls are the leading cause of serious injuries in older adults. Every year, 1 in 3 Alberta seniors will fall. The good news is that you can take steps to prevent falls.

For more information call Health Link Alberta toll free 1-866-408-LINK (5465)

www.findingbalancealberta.ca

Keep Active!

Exercise for strength and balance

- Regular physical activity and exercise can increase muscle strength, improve balance and help prevent falls.
- Ask your doctor or healthcare provider about the best type of exercise program for you.
- Do at least 30 minutes of activity every day.
- Walk, dance, swim, or take an exercise class.

Check Your Medications!

Talk to your doctor or pharmacist

- Have your doctor or pharmacist review all medications that you are taking each year.
- As you age, the way some medications affect you can change and increase your risk of falling.
- Medications include prescriptions, over-the-counter pills, vitamins and herbal supplements.
- Medications that relax you, help you sleep, or improve your mood can increase your risk of falling.
- Alcohol affects medications - be careful.

Watch Your Step!

Wherever you are

- Keep pathways, halls, and stairways well-lit and free of clutter.
- Watch out for ice, cracks and uneven surfaces while walking.
- Have your eyes checked every year.
- Wear shoes that support your feet and help you keep your balance.
- Avoid rushing and doing too many things at once.

Tell your doctor or healthcare provider if you have had a fall.