

## Simple tips for preventing falls

Falls can occur anytime to anyone, even while doing the most routine activities – like climbing stairs or getting out of the bathtub. As we get older, our chances of falling increase as do the risk of serious injury. In fact, one in every three persons aged 65 years and older falls each year.

The good news is that there are simple steps you can take to reduce your risk of falling. The following easy-to-use tips come from the American Association of Retired Persons (AARP):

- 1. Have your doctor or pharmacist review your medicine with you on a regular basis.**  
Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall. Make sure you tell your health care provider about ALL the medications you are taking, including prescription, over-the-counter, herbal products and vitamin supplements.
- 2. Add balancing exercises to your daily routine.**  
Improving your balance and lower-body strength can decrease your chance of falling. Balancing exercises are easy to do and can be done anywhere. Just be sure you have something nearby that you can hold onto, should you feel unsteady. Ask your doctor for some recommended exercises, like the tight-rope walk, one-legged stand, and sit-and-stand.
- 3. Make your home safer**  
About half of all falls happen at home. Make your living space safer by removing things you can trip over from places you regularly walk, installing grab bars by your toilet and shower, improving the lighting in your home, and wearing shoes with good support and non-slip soles.
- 4. Have your vision checked regularly**  
Poor vision can increase your chances of falling. Make sure you have your eyes checked by an eye doctor.

Remember, falls don't have to be part of getting older. You have the power to stay securely on your feet without a chance of falling. Share these tips with friends and family – they will appreciate your concern for their well-being.

### **Lifeline: Help at the Click of a Button**

Worried about falling or a loved one falling and getting help right away?

Lakewood Hospital is pleased to offer one of the most trusted medical alert services available today. For more than 30 years, *Lifeline* has enabled millions of people to live with greater independence, peace of mind and dignity in the place they feel most comfortable -- their own homes.

In the event of a fall, a person who has *Lifeline* can access help by a click of a button worn around his/her neck or wrist. Because the service also helps family caregivers to balance the needs of their loved ones with the demands of their own busy lives, *Lifeline* is of immense benefit to them as well.

For more information, please call **800.418.3837**