

# A

## ALCOHOL

Avoid consuming alcohol. It can affect your stability and reaction time.



# V

## VISION OR HEARING IMPAIRMENT

Get your vision and hearing checked. Certain vision and/or hearing disorders can increase the risk of falls.



# O

## OFF BALANCE, OBJECTS TO TRIP OVER (HOME HAZARDS)

Your house could be full of potential fall hazards (poor lighting, loose cords, slippery flooring, etc.) Eliminate all environmental hazards to reduce the risk of falls.



# I

## INCONTINENCE OR OTHER CHRONIC CONDITIONS

Chronic conditions, including disorders that cause weakness in the extremities, poor grip strength, balance disorders, and cognitive impairment, can increase the risk of falls.



# D

## DRUGS AND MEDICATIONS

Please consult your doctor and carefully review your medications with him. Some medications may have unwanted effects such as dizziness, sleepiness, or dehydration which can increase the risk of falls.



# FALLS

### Sources:

Center for Disease Control and Prevention: <https://www.cdc.gov/falls/index.html>

The NIH Osteoporosis and Related Bone Diseases National Resource Center: <https://www.bones.nih.gov/health-info/bone/osteoporosis/fracture>

# FALLS

D

## DRUGS

Please consult your doctor and carefully review your medications with him. Some medications may have unwanted effects such as dizziness, sleepiness, or dehydration which can increase the risk of falls.



A

## ALCOHOL

Avoid consuming alcohol. It can affect your stability and reaction time.



N

## NO BALANCE

Weakness and poor balance can lead to falls. Exercise more often to gain balance and strength.



G

## GENERAL CHRONIC CONDITIONS

Including disorders that cause weakness in the extremities, poor grip strength, and cognitive impairment can increase the risk of falls.



E

## EARS/EYES

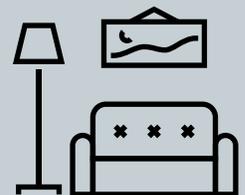
Get your vision and hearing checked. Certain vision and/or hearing disorders can increase the risk of falls.



R

## RUGS, CABLES, SMALL ANIMAL – HOME HAZARDS

Eliminate all environmental hazards to reduce the risk of falls.



### Sources:

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The NIH Osteoporosis and Related Bone Diseases National Resource Center: <https://www.bones.nih.gov/health-info/bone/osteoporosis/fracture>

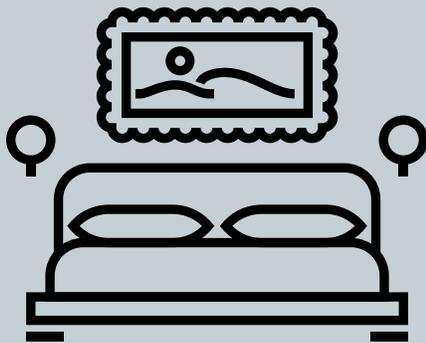
# MAKE YOUR HOME SAFE

## BATHROOMS



- Use an elevated seat on a toilet.
- Put a rubber mat in a bathtub and shower.
- Install grab bars and folding shower seats in the bathroom.

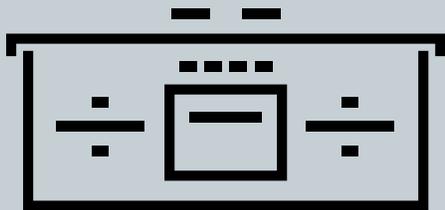
## BEDROOMS



- Keep the floor free of loose items.
- Sit down to get dressed.
- Use nightlights for better nighttime visibility.
- Have a charged flashlight in easy to reach from your bed place.
- Keep lamps on each side of the bed within easy reach.

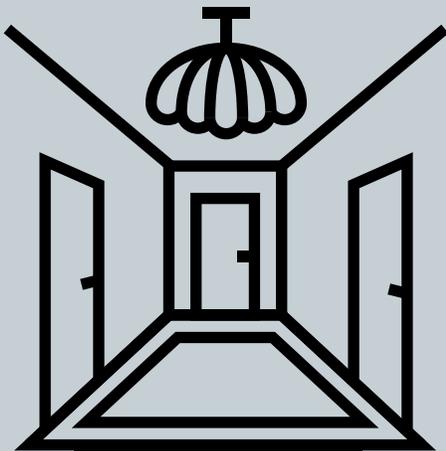
# MAKE YOUR HOME SAFE

## KITCHEN



- Do not clean with high-gloss wax products.
- Use non-skid mats or rugs in commonly wet areas.
- Keep your most frequently used items on shelves that are easy to reach.

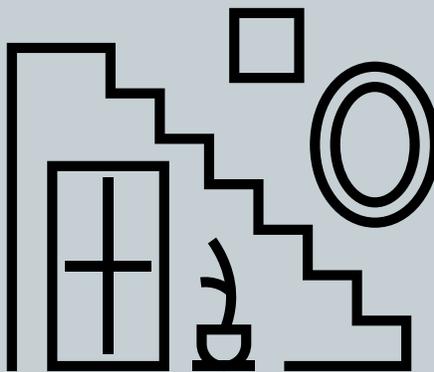
## FLOOR



- Remove tripping hazards: clutter, cords, area rugs, etc.
- Attach slip-resistant backing to your carpets and rugs.
- Clean up spills as soon as they happen.
- Do not polish your floors.
- Avoid putting small objects on the floor (papers, books, shoes, toys).

# MAKE YOUR HOME SAFE

## STAIRS AND HALLWAYS



- Install railings (two if possible) and mark the edge of the stairs with brightly colored tape.
- Do not change stairway light bulbs by yourself. Ask someone to change it for you.
- Use nightlights to ensure that the route from the bedroom to the bathroom is well-lit.
- Remove loose items like charger cords, clothing, and shoes from hallways, stairs, and walkways.

Sources:

Bone Health & Osteoporosis Foundation: <https://www.bonehealthandosteoporosis.org/preventing-fractures/>

The NIH Osteoporosis and Related Bone Diseases National Resource Center: <https://www.bones.nih.gov/health-info/bone/osteoporosis/fracture>

Clarke, B.M.C., Mayo Clinic guide to preventing & treating osteoporosis. 2014

Center for Disease Control and Prevention: <https://www.cdc.gov/falls/index.html>

# FALL PREVENTION TIPS

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## MEDICATIONS



## VISION CHECK



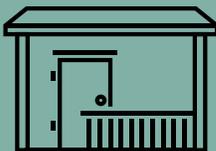
Get your vision and hearing checked. Certain vision and/or hearing disorders can increase the risk of falls.

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## BE ACTIVE



## CHECK YOUR HOME



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