Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

- Talk with your health care provider about medication side effects.
- Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors.
- Stand up slowly to avoid dizziness.
- Do strength and balance exercises.
- Get your vision and hearing checked regularly.
- Use a cane or walker if you need more stability.

Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.