

1 Exercise regularly.

Exercise will help you build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.



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2 Take your time.

Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.



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3 Keep stairs, pathways, and walking areas clear.

Remove electrical cords, shoes, clothing, books, magazines, and other items that may be in the way of foot traffic. Have easy-to-grip handrails installed along the full length on both sides of the stairs. Consider subscribing to a medical alert system. If you have an emergency, just push the wearable button that is provided and the service will send emergency responders.



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4 Improve the lighting in and outside your home.

Use night lights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. Have lighting at both the top and bottom of stairways. See an eye doctor once a year.



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5 Use non-slip mats and grab bars.

Non-slip mats increase safety in the bathtub and on shower floors. Use non-slip mats outside the tub and shower. Install grab bars on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.



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6 Be aware of uneven surfaces.

Make sure indoor flooring is safe from tripping hazards. Use only throw rugs that have rubber, non-skid backing. Consider non-skid pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member, a friend, or a neighbor to clear ice and snow from outdoor stairs and walkways. Always use handrails, if available, and step carefully.



7 Wear sturdy, well-fitting shoes.

Low-heeled shoes with non-slip soles are best, even inside. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.



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8 Have a list of your current medications available.

Keep your list updated and visible—on your refrigerator or in your wallet. Give a copy to a family member or caregiver. Your primary care provider should know all the medications you take to be able to identify if any or a combination of them can make you at higher risk for a fall. Ask your doctor if any of your medications can make you drowsy or affect your balance.



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