



Prevent Falls



At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to learn how to prevent falls and what to do if you fall.

THE TOP 5 THINGS YOU CAN DO TO PREVENT FALLS

1. Talk to your doctor about falls.

Talk to your doctor about your risk for falling and what you can do to stay safe and keep your bones strong.

2. Follow an exercise program that improves your strength, balance, and flexibility.

This is one of the most important ways to lower your chance of falling. Ask your doctor what the best type of exercise is for you and any programs you can join.

3. Review your medicines.

Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. There are drugs that older adults should avoid, including some used for allergies, mood, sleep, or high blood pressure.

4. Check your vision and hearing.

If you notice any issues with your vision and hearing, tell your doctor. Update your eyeglasses if needed and take your time to get used to them. If you have a hearing aid, be sure it fits well and wear it.

5. Make your home safer.

- ✓ Keep walkways clear of tripping hazards like throw rugs.
- ✓ Use double-sided tape to keep rugs from slipping.
- ✓ Have secure handrails on stairs and lighting you can turn on from both the top and bottom.
- ✓ Keep items you use often in lower cabinets.
- ✓ Install grab bars next to your toilet and in the tub or shower. If you need help getting these for your home, please call:
 - Alliance Member Services Department
 - Monday – Friday
 - Phone Number: **1.510.747.4567**
 - Toll-Free: **1.877.932.2738**
 - People with hearing and speaking impairments (CRS/TTY):
711/1.800.735.2929
- ✓ Use non-slip mats in the bathtub and shower floors.
- ✓ Improve the lighting in your home. Use night lights.
- ✓ Wear non-skid shoes that fully support your feet. Avoid walking on stairs or floors in socks or shoes with smooth soles.

6. Stay alert and careful.

Remember to be careful and take your time.

- Get enough sleep.
- Limit the amount of alcohol you drink.
- Stand up slowly.
- Use a walking aid like a cane or walker if you need help feeling steady. Your doctor or physical therapist can help you check the fit and adjust it.



IF YOU DO FALL

- 1. Pause.** Be still for a few moments and take a few deep breaths. Decide if you are hurt and if you think you can get up.
- 2. If you can get up:**
 - Roll over to your side and rest.
 - Slowly get up on your hands and knees and crawl to a sturdy chair.
 - Put your hands on the chair seat. Slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit on the chair.
- 3. If you cannot get up:**
 - Call for help. Use a phone or emergency call device if you have one nearby. Yell or make noise so someone can hear you.
 - While waiting for help, try to get into a comfortable position.
- 4. Tell your doctor,** even if you are not hurt, so that you can:
 - Check for injuries.
 - See if there are any problems with your health, medicines, or eyesight.
 - Prevent future falls. For example, your doctor might suggest physical therapy or a walking aid.

RESOURCES

Alameda County Senior Information

Toll-Free: **1.800.510.2020** (interpreter offered).

agefriendly.acgov.org/get-help/printable

Call for local resources. You can also view the Alameda County Fall Prevention Resource Guide for Older Adults on their website.

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org

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FOR HEALTH

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