

HEALTHY AGING

Safety Tips to Prevent Falls

The top 4 things you can do to prevent falls:

1. Begin an exercise program that improves your strength and balance.

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.

2. Ask your doctor to review your medicine.

This is very important if you get dizzy or fear falling.

3. Have your eyes checked.

Poor vision can lead to falls.

4. Make your home safer.

- ✓ Remove throw rugs.
- ✓ Use double-sided tape to keep rugs from slipping.
- ✓ Keep items you use often in lower cabinets.
- ✓ Get grab bars put in next to your toilet and in the tub or shower. The Alliance can help you get these for your home. Call the Alliance at the number below.
- ✓ Use non-slip mats in the bathtub and shower floors.
- ✓ Improve the lighting in your home. Use night lights.
- ✓ Wear shoes both inside and outside the house. Don't go barefoot.



Remember to take your time.

If you do fall, make sure that you see a doctor to:

- Get checked for injuries
- See if there is a problem that can be fixed
- Prevent future falls

To request help with doctor visits or grab bars:

Alliance members call Member Services at 510-747-4567, toll-free at 1-877-585-7526 or TTY: 711 or 1-800-735-2929.

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FOR HEALTH

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Service you can trust.