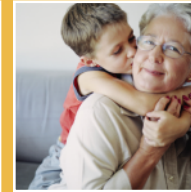




You can prevent a fall



Staying Independent

Participate in Regular Physical

Activity: If you don't use it, you may lose it! Walking and simple exercise maintains strong bones and muscles. See the [Canadian Physical Activity Guidelines for Older Adults](#) for ideas to get moving.

Look After Your Feet: Unhealthy feet are prone to pain and sores, which can lead to instability when walking. Your feet will thank you for choosing safe and comfortable footwear.

Eat a Balanced Diet: Poor eating habits and not drinking enough water can lead to dizziness, falls and other health concerns. Check out [Canada's Food Guide](#) for ideas on healthy eating.

Take Calcium and Vitamin D: These 2 work best together and are essential for bone health. Talk to your pharmacist about the amount that's right for you!

Take Care of Your Teeth and Gums: Oral health is directly linked to your overall health, it is important to get regular checkups.

Monitor Your Vision and Hearing: Yearly check-ups are recommended to address and manage any concerns.

Know Your Medications: Some medications have side effects that increase the risk of falling. Keep a medication record and review it once a year with your doctor or pharmacist.

Limit Your Alcohol Consumption:

Older adults are more susceptible to the effects of alcohol. If you are over the age of 65, limit consumption to *one* standard drink a day, with no more than *seven* per week.

Make Your Home Safer: Most falls happen around the home and can often be prevented by simple home modifications. Check out the health unit's [Home Safety Checklist](#) and get a copy by calling *Health Connection*.

Take Care of Your Mental Health: We can help each other feel less lonely, anxious or depressed by reaching out to friends, family, our health care providers, or the mental health hotline (1-866-531-2600).

Spend Time with Friends and Family: Participating in activities or volunteering in our communities connects us, and lowers our risk for falling.

Take Your Time: Give yourself lots of time to complete activities, for example going to the bathroom or answering the phone.

Stay Safe and Stay on Your Feet!

With some planning you **CAN** prevent a fall, maintain your health and your independence!