



Have you taken a tumble or slipped in the past year? Are you afraid of falling?

You are not alone. Falls can happen to anyone. Don't let the fear of falling keep you from activities you enjoy. Stay right side up by following these simple suggestions.

Be Safe at Home. Most falls occur at home. Stay safe and independent in your home by moving things you can trip over and watching out for pets in your path. Put away those throw and scatter rugs, which make it easier to trip, slip, and fall.

Enjoy the Outdoors. Being outside in the fresh air can help you to feel good. When you step outside, give your eyes time to adjust to the outdoor light. Wear sunglasses to reduce glare and see well. Stay safe by using your cane or walking aid.

Don't Be Swept Off Your Feet. Your feet get you where you need to go. If your feet hurt, you will be less active, which could increase your risk of a fall. Keep your feet healthy and stay right side up.

Move Your Body. Moving your body every day can help you feel better and enjoy life more. Thirty minutes a day of exercise is recommended but break it into 10-15 minutes blocks if that is easier — it's the daily total that matters.

Know Your Medications. Medications are used to help us feel better and can be any prescription medicine, vitamins, herbal supplements, or over-the-counter remedies you buy at the drugstore. Some medicines or combinations of medicines have side effects that may cause you to lose your balance or feel unsteady on your feet. Talk with your pharmacist or doctor about all of your medications and side effects.

Eye Can See Clearly Now. Everyone's vision changes with age. These changes can happen gradually and you might not always notice them. Have your eyes checked at least once a year by an eye doctor. Schedule the appointment around your birthday to help you remember.