



CATCH YOURSELF: SIMPLE STEPS TO PREVENT FALLS

Your risk of falling increases when you have:

- muscle weakness
- a history of falling
- difficulty balancing or walking
- vision problems
- arthritis
- depression
- difficulty thinking
- multiple medications

The following steps can help you “catch yourself” by reducing the risk of falling and avoiding the serious consequences associated with falls.

1. Have a fall risk assessment and review of your medications performed by your physician or a trained health care professional

- Ask your doctor about fall risk factors during your physical exam
- Ask your pharmacist about medication interactions
- Review your medications periodically with a health professional

2. Engage in regular physical activity

- Ask your physician what types of activities would be best for you
- Determine a plan for regular physical activity that fits with your abilities and interests
- Consider targeted balance and mobility exercises that are most effective at reducing fall risk

3. Get an assessment of your home environment and make changes to reduce safety risks

- Use a home safety checklist or consult with a professional to identify home safety risks
- Modify your home to make it safer—for example, reduce clutter, improve lighting and assure handrails and grab bars are securely installed

Additional Information

For more information, contact the Program Office at (213)740-1364, email info@stopfalls.org, or visit www.stopfalls.org

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