

Fall Prevention

Stay Steady: Tips to Prevent Falls

1 in 4
adults aged
65+ falls each
year.

Create a Safer Living Space



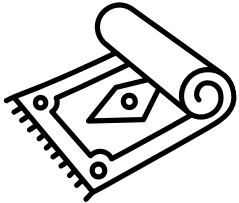
Install sturdy handrails on stairs and in the bathrooms



Ensure all areas of your home are well-lit, especially hallways and staircases



Wear non-slip shoes and avoid walking in socks on slippery surfaces



Secure rugs with non-slip mats or remove them entirely



Remove cords, toys, and other trip hazards from walking paths

Stay Active to Stay Balanced



Exercise Regularly

Activities like tai chi, yoga, or walking can improve balance and strength

Even small steps, like stretching daily, can improve your balance and reduce fall risk



Get Regular Checkups

Have your vision and hearing checked annually to ensure they aren't contributing to falls

Talk to your doctor about medications that might cause dizziness or balance issues



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