

STOP FALLS *Napa Valley*

www.stopfallsnapavalley.org

Risk of falling *increases* with:

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

1. Have a Fall Risk Assessment and review of your medications performed by your physician or a trained healthcare professional.

- Ask your physician what factors could contribute to your risk for falling
- Ask your pharmacist about potential 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 interests and abilities.
- Consider specific balance and mobility exercises that are most effective at reducing fall risk

3. Assess your home for safety to prevent falls.

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

4. Maintain a healthy diet.

- Eat a balanced, calcium-rich diet.
- Drink plenty of fluids.

**For more information contact StopFalls Napa Valley at 707.255.5328.
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Safe Steps to Fall Prevention

Catch Yourself

