

StopFalls

Napa Valley

SAFE STEPS TO FALL PREVENTION

Did you know???

Common causes of balance and mobility problems:



- Muscle weakness
- Decreased sensation in limbs
- Dizziness or vertigo
- Vision impairment
- Arthritis or painful condition of legs or feet

Ask your doctor or pharmacist to review your current medications including:

- Herbal supplements
- Over-the counter drugs
- Prescriptions...after changes, take extra caution



Simple things you can do:

- Remove things you may trip over...throw rugs.
- Use recommended assistive devices.
- Have grab bars installed next to your tub and alongside your toilet.
- Increase lighting in your home.
- Have handrails installed on all staircases.
- Invest in proper footwear.
- Focus on one task at a time.



For free home assessment contact:

StopFalls Napa Valley

(707) 255-5328

stopfallsnapavalley.org

