



## Workshops

*Staying active can help prevent falls. These classes can help you get fit and have fun.*

### **A Matter of Balance**

Have you fallen in the past? Do you have concerns about falling? Sessions provide information and exercises to reduce your fall risk.

### **Better Choices/Better Health**

Are you tired of feeling sick and tired? Sessions can help you feel in control of your health.

#### **For a class near you contact:**

Aging Resources or visit  
[www.iowahealthylinks.org](http://www.iowahealthylinks.org)



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**(515) 255-1310**

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[www.agingresources.com](http://www.agingresources.com)

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# Fall Prevention Awareness

**Falls are NOT a natural part of aging!**



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## Ways YOU Can Prevent Falls

- **Increase physical activity**  
Regular exercise increases balance and strength. Stay active.
- **Talk to your doctor or pharmacist**  
Some medications have side effects that can cause dizziness.
- **Look out for yourself**  
See an eye specialist once a year. Poor vision can increase your chances of falling.
- **Take your time**  
Get out of chairs slowly. Sit a moment before you get out of bed. Stand and get your balance before you walk.
- **Put your best foot forward**  
Wear sturdy, well fitting, low heel shoes with non-slip soles.

## Home Safety Tips

- Improve lighting in the entire home.
- Place a lamp close to the bed where it's easy to reach.
- Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.
- Keep items you use often within your reach.
- Remove tripping hazards such as throw rugs and clutter in walkways.
- Ask someone to move furniture so your walking path is clear.
- Coil or tape cords and wires next to the wall so you can't trip over them.
- Fix loose or uneven steps.
- Make sure carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars put in next to the toilet and in the tub or shower.
- Have handrails on both sides of stairways.

## What to do after a fall:

- Stay as calm as possible. Take a few deep breaths to relax.
- Remain on the floor for a few moments. This helps you get over the shock of falling. Getting up too quickly could make an injury worse.
- If you are injured, get medical assistance. If you hit your head or experience confusion or severe pain, call 911.
- Even if there is little or no injury, discuss the fall with your doctor. Write down the details. Your doctor can assess whether it is a medical issue or something else to address.

