Reduce your risk of falling and stay independent, healthy, and strong by following the steps below:

1. **Get a fall risk assessment**
   - Talk with your doctor about your fall risk, especially if you have any of the conditions listed above.

2. **Review your medications**
   - Bring all your medications, vitamins, and supplements to your pharmacist or health professional at least once a year and when there are changes in your health.
   - Ask about side effects and interactions, especially if you take 4 or more medications.

3. **Have your vision checked**
   - Have your vision and eyeglass prescriptions checked every year by an eye doctor.

4. **Engage in regular physical activity**
   - Ask your doctor about the best types of activities for you and make a plan that fits with what you like and what you are able to do.
   - Doing strength and balance exercises using your lower body can build your strength, improve your balance and coordination, and reduce your risk of falling.

5. **Assess your home and make changes for safety**
   - Use a home safety checklist or talk with a professional (such as an occupational therapist) to look for things inside your home that make you more likely to fall.
   - Change your home to make it safer - reduce clutter; improve lighting in rooms, hallways, and stairwells; and install handrails and grab bars.

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Your risk of falling **increases** when you have:

- fallen before
- balance problems
- chronic diseases like arthritis
- depression
- hazards in the home
- a lot of medications
- memory problems
- muscle weakness
- problems walking
- vision problems

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For more information, visit www.stopfalls.org, call (213) 740-1364, or email info@stopfalls.org. Last updated: June 2010.