

# Have you had a TRIP or a FALL?

NO

Falls are PREVENTABLE and YOU CAN REDUCE YOUR RISK

- Stay physically active to improve your balance, strength, and flexibility.
- Take medications as prescribed.
- Get your vision checked.
- Eat regular, well-balanced meals.
- Wear sturdy, well-fitting shoes with low heels and firm soles.
- Use walkers, canes, and safety equipment as recommended.
- Take your time and do not rush.
- Remove clutter and loose rugs.
- Clean spills right away.
- Have handrails by all steps and stairs.

**Not all injuries show up right away.**  
Your fall could be due to a new health problem.

YES

CONTACT your healthcare provider (doctor, clinic, or hospital)

You may be referred for a HEALTH ASSESSMENT to identify your fall risk factors.

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| <ul style="list-style-type: none"><li>• Health Interventions</li><li>• Foot care</li></ul> | <ul style="list-style-type: none"><li>• Community Exercise Programs</li><li>• Renovate Environment</li></ul> |
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**A FALL is the loss of balance and landing on the ground or a lower surface (not always the floor).**

Windsor-Essex County  
**FALL PREVENTION**  
COMMITTEE




An **ACTIVE** Approach

PREVENT FALLS  
AMONG OLDER  
ADULTS

For additional copies please contact the Windsor-Essex County Health Unit  
519-258-2146 ext. 3200





A	C	T	I	V	E
Assessment Check yourself	Community Resources	Time to Move (Physical Activity)	Involve Others	Verify Medications	Environment
<p><b>MEDICATIONS</b></p> <p><input type="checkbox"/> I take four (4) or more medications.</p> <p><b>BALANCE</b></p> <p><input type="checkbox"/> I find it difficult to keep my balance when I stand with my feet together (no shoes), my arms by my side, and my eyes closed.</p> <p><b>STRENGTH</b></p> <p><input type="checkbox"/> I need to use the arms of a chair to stand up from sitting.</p> <p><b>VISION:</b></p>  <p><input type="checkbox"/> I see three (3) identical circles.</p> <p>If you checked off one or more boxes you may be at an increased risk of falling.</p>	<p>Contact these organizations for more information about available services.</p> <p><b>Erie St. Clair Healthline</b> www.eriestclairhealthline.ca</p> <p><b>Life After Fifty (LAF)</b> Seniors Active Living Centre (Exercise Programs and Foot Care) www.lifeafterfifty.ca 519-254-1108</p> <p><b>VON SMART Program</b> (Exercise Classes and Fall Prevention Education) www.vonsmart.ca 519-254-4866 ext. 6239</p> <p><b>Windsor Essex Community Health Centre</b> Fall Prevention Screening, Home Safety Assessment and Grab Bar Program, and Chronic Disease Management Program 519-997-2823 ext. 341 www.wechc.org</p> <p><b>Windsor-Essex County Health Unit</b> Information on fall prevention www.wechu.org 519-258-2146 ext. 3200</p> <p>For more information on fall prevention services and seniors' exercise programs call <b>211</b>.</p>	<p>It is important to live an active lifestyle. Break up long periods of sitting or lying down with movement like tapping toes and marching on the spot.</p> <p>Being active at a moderate to vigorous intensity (increased heart rate, produced some sweat) for at least 150 minutes per week can lead to improved fitness and strength. Tai Chi, dancing, and water programs can maintain and improve balance. Walking is a great way to stay fit.</p> <p>Ensure you are wearing safe footwear:</p> <ul style="list-style-type: none"> <li>• Arch support</li> <li>• One inch heels or less</li> <li>• Non-slip, firm soles</li> <li>• Well-fitting</li> </ul>	<p>There are many risk factors for falling. It is important that you and others are aware of these risks.</p> <p><b>HEALTHCARE PROVIDER</b> Ask for a health assessment to identify your fall risk factors.</p> <p><b>FAMILY</b> Inform them about falling concerns and together, complete the environment checklist.</p> <p><b>FRIENDS</b> Having an exercise buddy helps promote health and socialization.</p> <p><b>ALLIED HEALTH PROVIDER</b> Engage others (e.g., Occupational Therapist, Physiotherapist) coming into your home to identify areas for improvement or physical activity options.</p>	<p>Have your medication list (including over the counter medications that you take) checked by your Pharmacist regularly for side effects that may increase your risk of falling. Changes in medications or some specific medications can lead to dizziness and challenges in balance which can increase your risk of falling.</p> <p>Controlling diabetes can help prevent nerve damage in the legs and feet which leads to balance problems.</p> <p>Vitamin B12 deficiency is a common cause of nerve damage and balance trouble. Ask your doctor to check your B12 level.</p> <p>Inform your healthcare provider if you have a fall and are on blood thinners.</p>	<p>To reduce your fall risk, make sure to:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Keep rooms well lit including well placed night lights.</li> <li><input type="checkbox"/> Have a clear path to the bathroom.</li> <li><input type="checkbox"/> Reduce clutter and extra furniture.</li> <li><input type="checkbox"/> Keep personal belongings within reach.</li> <li><input type="checkbox"/> Keep assistive devices nearby and in working order (e.g., walkers, canes).</li> <li><input type="checkbox"/> Remove electrical cords from the floor.</li> <li><input type="checkbox"/> Remove loose or scattered rugs.</li> <li><input type="checkbox"/> Watch out for pets (e.g., cats, dogs).</li> <li><input type="checkbox"/> Keep stairways clear.</li> <li><input type="checkbox"/> Install railings on stairs.</li> <li><input type="checkbox"/> Install well-anchored grab bars in bathroom.</li> </ul>