



# 6 *Warning Signs of Falls*

**If you are over 65 years of age:**

- ❑ **Previous Falls:** One fall in the past 6 months
- ❑ **Fear of Falling:** Afraid that you will fall
- ❑ **Medications/Drugs:** Using sedatives, fluid pills, recreational drugs, blood pressure pills or more than 4 medications
- ❑ **Balance and Mobility:** Any problems with balance or unable to raise from a chair
- ❑ **Medical Conditions:** For example Stroke or Parkinson's Disease, osteoporosis, arthritis
- ❑ **Vision Problems:** Blurred/double vision, difficulty seeing steps or walking in dim light

*If you have checked two of the warning signs you are at an increased risk for falling.*

*Further screening and information contact a health care provider or CCAC call **1-888-371-2112***



*Connecting you with care  
Votre lien aux soins*

**South West  
CCAC CASC**

Community  
Care Access  
Centre

Centre d'accès  
aux soins  
communautaires  
*du Sud-Ouest*



## ***Top 10 Tips to Reduce Your Chance of Having a Fall***

1. Slow down and take time to be safe.
2. Be physically active for a total of 30 to 60 minutes most days.
3. Have your vision and hearing checked regularly.
4. Discuss your medication & supplements with your doctor or pharmacist.
5. Eat a healthy balanced diet, drink plenty of water & limit your alcohol.
6. When walking outside, be aware of your surroundings and watch where you step.
7. Use safety equipment such as canes, walkers, grab bars & rubber bath mats.
8. Wear non-slip shoes, boots & slippers that fit well & seek treatment for foot problems.
9. Use a night-light and keep a flashlight by your bed.
10. Complete the home safety checklist in the "Are You in Jeopardy" booklet.

*Preventing Falls in Grey Bruce*

*[www.thehealthline.ca](http://www.thehealthline.ca) or*

*[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)*

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