



# Falling:

Are you or a family member/friend at risk?

The Staying on your Feet Guide is a checklist with information that will help you identify what puts you at risk of having a fall. Learn how to prevent falls, and find local resources you can access to address your risk factors.

## Staying On Your Feet

A guide to help older adults prevent falls



### This guide will help you:

- ✓ Identify what puts you at risk for falls
- ✓ Learn how to prevent falls
- ✓ Find local online resources



SCAN ME!