

# Falls Prevention Checklist

Falls are the leading cause of hospitalization for people aged 65 and older. Reduce your risk of falling with these tips and suggestions.



## Medication & Health

- Get regular check-ups and routine vision and hearing screenings.
- Ask your doctor about taking vitamin D and calcium supplements to promote bone health.
- Review all medications (including over-the-counter drugs) with your doctor and/or pharmacist at least once a year.
- Tell your doctor immediately if you feel dizzy or if you have changes in balance.
- Use one pharmacy to have all your prescriptions filled.



## Tripping Hazards

- Remove loose mats and throw rugs.
- Remove excess furniture that prevents you from moving around the room easily.
- Wear indoor shoes/slippers with non-slip soles.



## Assistive Devices

- Use a walker or a cane if your balance is unstable.
- Consider purchasing a wearable medical alert device in the event of an emergency while you are alone.



## Exercise & Nutrition

- Join an exercise or falls prevention class in your area. (Call us for more info: 416-635-2860)
- Practice strength and balance exercises like wall push-ups or yoga.
- Eat and drink water regularly to prevent dehydration and dizziness.



## Bathroom Safety

- Install non-slip flooring and at least two grab bars in your tub/shower area.
- Consider purchasing a bath bench and hand-held shower head.
- Add night lights along the hall or path to the bathroom.



## Stairs & Other Hazards

- Ensure there is a handrail on at least one side of all stairways, and add adhesive stair treads or carpet runner on the steps for traction.
- Place frequently used items within easy reach. Avoid standing on a stool or chair to reach items.

