

STAND UP FOR YOURSELF

Take Charge of Your Life to Stay Active and Reduce the Risk of Falls

EXERCISE

- Always consult your physician before beginning an exercise program
- Set specific, realistic goals
- Start slowly and build up to 30 minutes a day
- Try Tai Chi, it can improve strength and balance

VISION

- Have your eyes checked regularly
- Use proper lighting
- Wear your eyeglasses
- Keep your glasses clean
- Be careful on steps when wearing bifocals

MEDICATION

- Take your medications as prescribed
- Make sure all your doctors know all your medications (including over the counter, vitamins & supplements)
- Use medication organizers
- Never take a medication prescribed for someone else

FEET

- Have regular check-ups
- Wear appropriate foot wear
- Maintain good foot health/inspect feet daily

LIVING ALONE

- Let your physicians know if you live alone.
- Take your time when standing up from a resting position

FEAR OF FALLING

- Increase your confidence by:
Becoming more physically active
Exercising in a group or with a friend