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## FALL PREVENTION STRATEGIES

### 1

#### Maintain Independence with Connectedness

- Don't hesitate to ask for help when needed
- Stay socially connected for mental and physical health



### 2



#### Consult Your Healthcare Provider

- Discuss medication side effects and interactions
- Get regular eye and hearing check-ups
- Address mental health and other health issues
- Consider assistive devices for stability

### 3



#### Stay Physically Active

- Exercise improves strength, balance, and flexibility
- CDC recommends strength and balance activities
- Tai Chi and functional exercises are effective



### 4

#### Assess and Adapt Your Environment

- Remove obstacles and clutter from walking paths
- Secure cords and address slippery floors
- Ensure adequate lighting and install safety features



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