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## 5 simple ways to prevent falls and maintain your independence when you age



1

### Keep moving

Find an exercise class near you and work on improving balance and strength. Bring a friend!



2

### Talk to your health care provider

Tell them about any recent falls and review your medication to make sure side effects aren't increasing your risk of falling.



3

### Keep your home safe

Remove trip hazards like cords and furniture; increase lighting in dark spaces; and install railings on both sides of stairs and grab bars in areas like the bathroom.



4

### Get your vision and hearing checked annually

Eye disease and normal aging can make it difficult to judge distances or see hazards.



5

**Talk to your family** and enlist their help to stay safe. Falls are not just an issue for older adults.

For more information about what YOU can do to prevent falls visit [doh.wa.gov/findingourbalance](https://doh.wa.gov/findingourbalance).