Falls can be Prevented

*Simple things you can do to keep yourself from falling*

**Ask your doctor**
- To evaluate your risk for falling
- To review your medicines to see if any might make you dizzy or sleepy

**Get your eyes checked**
- Have your eyes checked at least once a year

**Make your home safer**
- Remove trip hazards
- Add grab bars to tub/shower and next to toilet
- Put railings on both sides of stairs
- Make sure your home is well-lighted

Source: NIH National Institute on Aging

www.hiprc.org/fall-prevention