

Are you over the age of 65?

If so, you have a one in four chance of experiencing a fall. Falls can lead to hospitalization and/or affect your mobility. By taking action and making a few simple changes, there are a number of ways to reduce your personal risk for a fall.

Stay Active!

One of the best ways to prevent a fall is to stay active. Staying active improves balance and confidence, as well as maintains strength*.

Home Safety

Cut out this home safety checklist. Post it to your fridge for ideas of how to fix some common fall risks:

- Remove scatter mats and secure edges of area rugs**
- Remove clutter from stairways and make sure stairways are well lit**
- Keep eye glasses ready at the side of the bed in case you have to get up in the night**
- Put nightlights in the hallway on the way to the bathroom**
- Wear sturdy shoes, even in the house**
- Have grab bars installed by the toilet and in the shower (contact the Canadian Mortgage and Housing Corporation for information about subsidies)**

For your FREE Falls Prevention Package, contact the Peterborough County-City Health Unit at 743-1000



*Note: If you have been inactive for a prolonged period or have a medical condition limiting your activity, consult your health care provider before starting or resuming an activity plan.