

## TIPS TO HELP PREVENT FALLS

# Understanding fall risks to help keep you safe.

You'll find plenty of ideas here to get you started on your fall prevention plan.



## Start with a healthy lifestyle.

Small steps can make a big difference.



Make sure you're drinking enough water to stay hydrated.



Get plenty of sleep.



Eat a balanced diet to maintain a healthy weight.



Exercise to improve your strength, stamina and balance.



Be aware of fall risks in and outside your home.



Ask for help when needed.

## Tips for a safer home.

Help prevent falls in your home with the following tips.

**Take your time.** Use a cane or walker if you have one. Walk slowly. If you don't feel well or feel unsteady, ask someone to help you.

**Simplify your home.** You can make your home safer by removing things that might cause you to trip. This can include clutter, electrical cords, loose area rugs or furniture you don't need. Consider replacing area rugs with non-skid carpets. Move things around to create clear paths in your home.

**Hang on.** If you find yourself feeling like you might fall, hold on to something stable and sturdy. Install grab bars in your shower and tub. Put handrails near steps and stairways.

**Keep your home well lit.** Make sure that all walking areas are well lit and easy to see at all times. Add night lights to guide you to the bathroom.

**Keep things you need within reach.** Keep frequently used household items on lower shelves and cabinets.

**Check your footwear.** Wear shoes or slippers with grips instead of socks—this will help you from slipping.

## Make a fall prevention plan.

Talk to your doctor, family, or friends and learn more about how you can help prevent falls.

**Evernorth Health Services®** provides evidence-based care in the home including wellness and preventive care, primary care, and specialty care services.

To learn more:

Text the word **SAFE** to **44652**.

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## When you're out and about.

Keep these helpful tips in mind when you're away from home to help prevent falls.

- + Limit the number of bags you carry to one or two at a time.
- + Watch for tripping hazards like curbs and sidewalks.
- + Use handrails when walking up and down stairs.
- + Walk at a slow, steady pace.
- + Wear reliable, well-fitting footwear.
- + Be aware of weather conditions that could make sidewalks slippery.

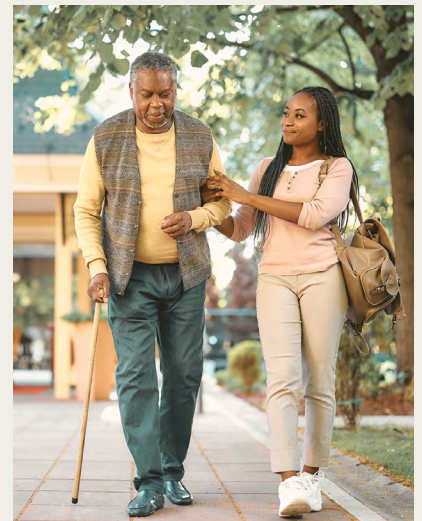
## Conditions to be aware of.

Your risk of falling may increase with certain medical conditions, such as:

- + Weak or brittle bones
- + Changes in blood pressure
- + Dizziness
- + Vision loss
- + Muscle weakness
- + Medication side effects

## Did you know?

- + Risks of falling may increase as we age.
- + Falls may be extremely serious, especially for seniors.
- + Falling may result in needing homecare, special equipment, or making major changes in the home.



The information contained in this flyer is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard professional medical advice or delay in seeking it because of something you have read in this flyer.

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