### 6 Warning Signs of Falls

If you are over 65 years of age:

- **Previous Falls:** One fall in the past 6 months

- **Fear of Falling:** Afraid that you will fall

- **Medications/Drugs:** Using sedatives, fluid pills, recreational drugs, blood pressure pills or more than 4 medications

- **Balance and Mobility:** Any problems with balance or unable to raise from a chair

- **Medical Conditions:** For example, stroke or Parkinson’s disease, osteoporosis, arthritis, dementia or Alzheimer’s disease

- **Vision Problems:** Blurred/double vision, difficulty seeing steps or walking in dim light

*If you have checked two of the warning signs you are at an increased risk for falling.*

For further screening and information contact a health care provider or CCAC at **310-CCAC (2222)**

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[Logos and links to websites]
Top 10 Tips to Reduce Your Chance of Having a Fall

1. Slow down and take time to be safe.

2. Be physically active for a total of 30 to 60 minutes most days.

3. Have your vision and hearing checked regularly.

4. Discuss your medication & supplements with your doctor or pharmacist.

5. Eat a healthy balanced diet, drink plenty of water & limit your alcohol.

6. When walking outside, be aware of your surroundings and watch where you step.

7. Use safety equipment such as canes, walkers, grab bars & rubber bath mats.

8. Wear non-slip shoes, boots & slippers that fit well & seek treatment for foot problems.

9. Use a night-light and keep a flashlight by your bed.

10. Complete a home safety checklist available online or through your healthcare provider.

For more tips and information, call or visit 211 Ontario or www.findingbalanceontario.ca