

Wear proper foot wear



- Use properly fitting, low heeled footwear with non-skid soles indoors and outdoors.
- Choose lace-up shoes instead of slip-ons. If you have trouble tying laces, select footwear with fabric fasteners.

Avoid rushing



- Plan things ahead. Forecast possible circumstances and how to deal with them.
- Always have enough time to do all that you need to do.
- Rushing is the most common cause of falls. It is caused by a lack of preparation and priorities.

Fall Facts

- 1 in 3 older adults and seniors fall every year and half of them will fall again within 6 months
- In Ontario, at least one senior:
 - Visits an emergency department every 10 minutes
 - Is admitted to a hospital every 30 minutes
- Fear of falling increases your risk of falling as it leads you to cut back your physical activity, but you should do just the opposite.



For more information on falls prevention and programs contact:

St. Paul's L'Amoreaux Centre
3333 Finch Avenue East
416 – 493 – 3333 (ext 227)
www.splc.ca

Your health care providers

Toronto Public Health
416 – 338 – 7600
www.toronto.ca



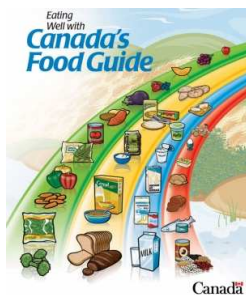
YOU can prevent falls

Be active everyday



- Take part in at least 20 minutes of aerobic activity daily, like brisk walking.
- Physical activity helps in maintaining and increasing muscle strength, improving balance, and flexibility.
- Consult *Canada's Physical Activity Guide for Older Adults*.

Eat well



- Eating regular, balanced, and healthy meals will help you keep up your strength.
- Missing meals causes weakness and dizziness.
- Consult *Canada's Food Guide*.

Monitor your sight and hearing



- Have your eyesight and hearing tested regularly.
- If you need glasses or a hearing aid, wear them!
- People who cannot see or hear properly are at greater risk of falling.

Know your medications



- Keep a medication record and review it regularly with your health care professional.
- Some medications can cause dizziness and weakness, affecting your perception and balance.

Keep your home safe



- Install home safety equipments like grab bars, handrails, non-slip surfaces and night lights.
- Avoid clutter.
- 60% of falls occur at home – especially in the kitchen, on the stairs and in the bathroom.

Use walking aids correctly



- If you require a cane or walker, make sure they are in good condition and fitted for you and your needs.
- Consult a Physiotherapist for prescription of a proper walking aid.