

# Preventing Falls



Falls in seniors aged 65+ are the leading cause of unintentional death in Connecticut. Falls can cause serious injury and lead to loss of independence and confidence.

Check out our resource guide on the LLHD web site as it **MAPS** out ways to help prevent falls.

Falls **ARE** preventable. Taking the following steps will help to prevent you having a fall and give you the best chance of continuing to live an active, independent life.

## **MEDICATIONS:**

- *Take your medications as prescribed*
- *Know the side effects of your medications*
- *Review your medications with your Pharmacist*

## **ASSESSMENTS:**

- *If you have muscle weakness or feel dizzy when rising from lying down or sitting, see your doctor*
- *Have your vision and hearing checked regularly*
- *Look after your feet—visit a Podiatrist regularly*
- *Ask your doctor for a referral to physical therapy if you feel unstable when you walk*

## **PHYSICAL ACTIVITY:**

- *Start walking—wear a comfortable pair of shoes*
- *Sign up for a fitness class at your local senior center: try water aerobics, yoga or Tai Chi*
- *If you are less mobile, try chair exercises*

## **SAFETY:**

- *Fall-proof your home by removing trip hazards such as throw rugs, cords and clutter*
- *Install sturdy grab bars by the toilet and shower/tub*
- *Carry a phone or wear a medical alert device in case help is needed*
- *Call LLHD for a free in-home falls prevention safety evaluation*

If you want to know more about Falls Prevention, visit the Ledge Light Health District website:  
<http://www.llhd.org>

**LEDGE LIGHT  
HEALTH DISTRICT**  
216 Broad Street  
New London, CT.  
860.448.4882

The Falls Prevention Coalition is made up of community partners working together to help keep seniors **STANDING STRONG!**