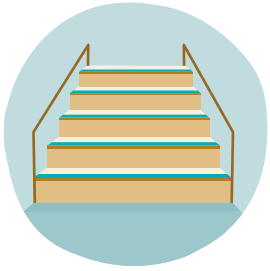
6 Practical Ways to Prevent Falls



Exercise regularly: Do weekly strength training exercises to maintain your muscle mass and balance. Take daily walks to improve overall fitness and consider joining an exercise program for older adults.



Get regular checkups: Check to see if any of your medications may cause dizziness, and schedule annual vision and hearing exams. Discuss any balance concerns with your doctor.



Fallproof your home: Install handrails on all stairs and grab bars in bathrooms near the toilet and shower. Remove or secure loose rugs and electrical cords, and improve lighting throughout your home.



Prioritize sleep: Maintain a consistent sleep schedule and use night-lights in bathrooms and hallways. Keep a bedside lamp within easy reach and avoid large meals and alcohol before bedtime.



Keep your hands free: Use shoulder bags or backpacks and take multiple, smaller trips when carrying things. Store frequently used items at waist height and use a reaching tool for objects that are too high or low.



Use mobility aids: Ask your doctor about which mobility aid might be right for you, such as a cane, walker, or rollator. Ensure any device is properly fitted to your height and keep it within reach of your bed and chair.