



Fall Free Friday

Putting It All Together: Your Fall Prevention Plan

[11/18/22]

[10:00am]

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A variety of fall prevention strategies have been shared with you over these past weeks. We are going to provide a refresher on some of these top fall prevention strategies and provide a few new ones along the way.

- **Types of fall risks:** Having vision problems, using poor footwear, medication side effects, poor nutrition, lack of exercise, lower body weakness, weather conditions, dim lighting outside or in the home, clutter in walking paths within the home, uneven walking surfaces, lack of proper sleep, not participating in an annual eye exam, easily fatigued, and improper use or education about adaptive equipment.

Ways to reduce fall risks: Perform exercises that aid agility, strength, balance and coordination. Rearrange household items of furniture so that all walking paths are clear. Install night lights in hallways or areas that are dimly lit within the home. Use handrails out in the community and within the home. Maintain a healthy balanced diet. Consult doctor about medication side effects. And so much more!