



Fall Free Friday

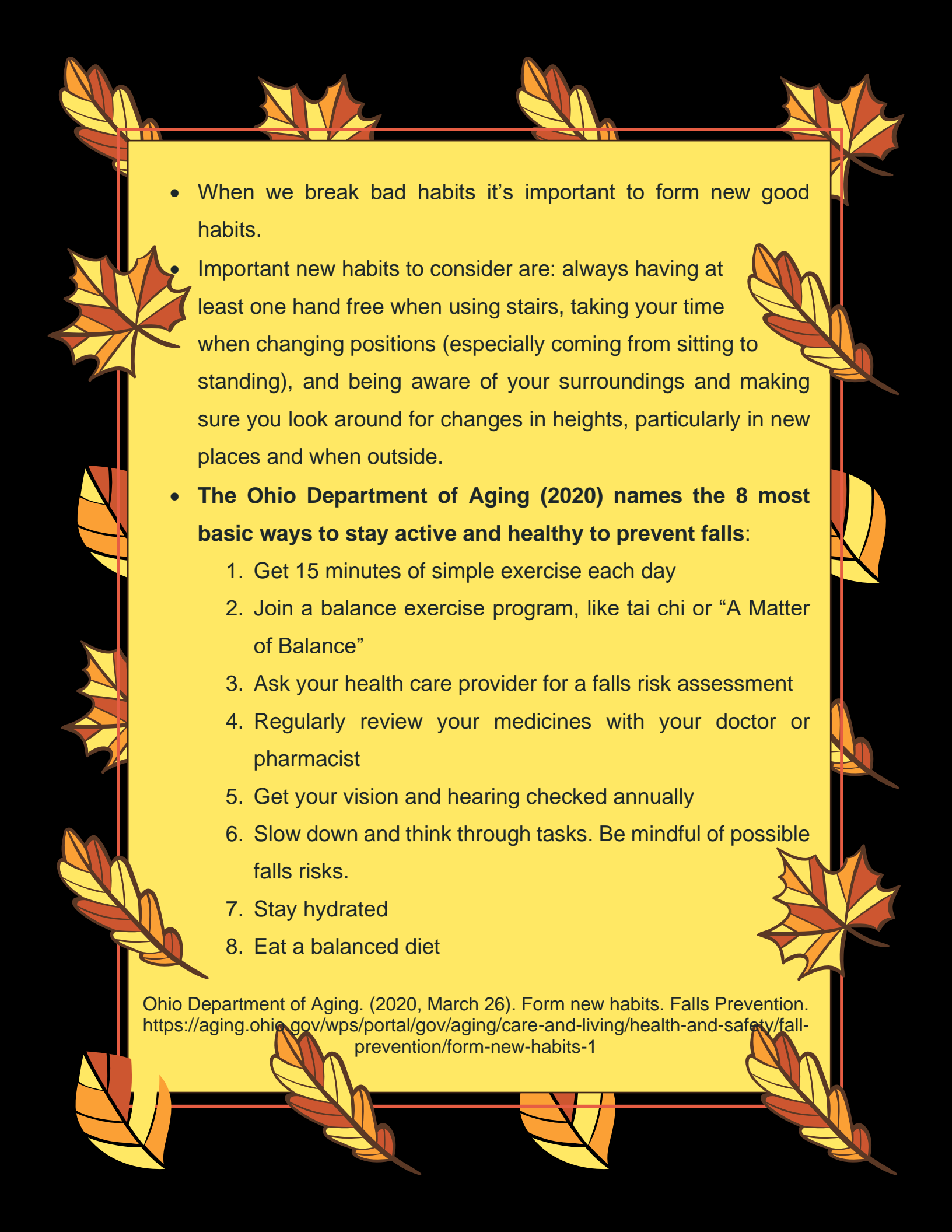
Fall-ty Habits- Everyday Activities

10/23/2020

10:00 AM

**AAA7 FB
LIVE**

- Did you know that some of your habits may put you at greater risk for falls?
 1. Do you ever stand up too quickly making you dizzy?
 2. Do you ever miss a step or misjudge the height of a curb?
 3. Do you ever try to multi-task (such as talking on the phone while carrying items) while walking or climbing the stairs?
- According to the Ohio Department of Aging (2020) all of the things listed above and many more are common bad habits that increase your fall risk.

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- When we break bad habits it's important to form new good habits.
 - Important new habits to consider are: always having at least one hand free when using stairs, taking your time when changing positions (especially coming from sitting to standing), and being aware of your surroundings and making sure you look around for changes in heights, particularly in new places and when outside.
 - **The Ohio Department of Aging (2020) names the 8 most basic ways to stay active and healthy to prevent falls:**
 1. Get 15 minutes of simple exercise each day
 2. Join a balance exercise program, like tai chi or "A Matter of Balance"
 3. Ask your health care provider for a falls risk assessment
 4. Regularly review your medicines with your doctor or pharmacist
 5. Get your vision and hearing checked annually
 6. Slow down and think through tasks. Be mindful of possible falls risks.
 7. Stay hydrated
 8. Eat a balanced diet

Ohio Department of Aging. (2020, March 26). Form new habits. Falls Prevention. <https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/health-and-safety/fall-prevention/form-new-habits-1>