

# How to Prevent Falls

## A Guide for Older Adults

### Fall Prevention Prescription:

#### ✓ Begin a regular exercise

**program.** Exercise is one of the most important things you can do to prevent falls. Exercise programs should focus on improving balance, coordination and strength.



#### ✓ Make your home safer.

- ✓ Remove all clutter and furniture that prevent clear walking paths
- ✓ Remove throw rugs
- ✓ Install grab bars and non-slip mats by toilets and in bathing areas
- ✓ Install handrails and lights on all staircases
- ✓ Move frequently used items to lower cabinet shelves
- ✓ Put night lights along the path from the bedroom to the bathroom
- ✓ Wear footwear with a tread
- ✓ Avoid high heels, sandals and loose slippers
- ✓ Keep outdoor pathways clear of ice, snow, and debris



#### ✓ Have your vision checked once a year by an eye doctor.

Medicare covers one annual eye exam per year.



#### ✓ Review your medications with a pharmacist.

Bring all your medications, including over-the-counter medications, to your pharmacist. Ask them about drug interactions that may cause dizziness or drowsiness, which could lead to falls.



### Spokane County Resources:

#### Exercise *\*free or low-cost classes*

SAIL Classes*	324-1530
YMCA*	777-9622
IEL Seniors Programs*	533-4756
Valley Striders*	926-1697
Senior centers	535-0803, 327-1584, 625-6693
Spokane Folklore Society	747-2640
Four Seasons Physical Therapy (free screening)	327-1578
Curves	323-2211, 466-5151, 535-3359
Renewal Room	413-6445
Giorgio's Fitness	922-8833
Jazzercise	325-0335
Pilates Educated Bodies	362-4182
Synergy Healthcare	413-1630
Sit And Be Fit* (KSPS Ch.7, M-F 11:30-noon)	448-9438

Find exercise classes near you . . . [www.activeoptions.org](http://www.activeoptions.org)

#### Home Safety

Elder Services (8am-5pm, M-F)	458-7450
SNAP	456-7111 ext.200
Lilac Blind Association	328-9116
The Scooter Store	688-4582

#### *Free Home Safety Assessments:*

Bates Pharmacy	489-7453
Specialty Homecare Lifeline	473-9956
Senior Helpers	922-4333

#### *Free Print Materials:*

Prevent Falls at Home manual	473-9956
Toolkit To Prevent Falls	(800) 232-4636

#### Additional Resources

Spokane Regional Health District	324-1530
RSVP-Retired Senior Volunteer Program	344-7787
Local referral assistance (8am-5pm M-F)	211
WA State Dept. of Health	(800) 525-0127
Poison Center Hotline	(800) 222-1222
Gentiva Safe Strides	327-5857

Call your insurance provider to see if you qualify for home safety equipment and fall prevention exercise resources.

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