

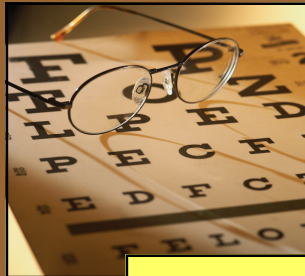
# What YOU Can Do To Prevent Falls



**Begin an exercise program.**



**Have your health care provider review your medicines.**



**Have your vision checked.**



**Make your home safer.**

# **LA Fall Prevention Coalition Tips**

## **Begin an exercise program.**

- **Exercise makes you stronger & helps you feel better.**
  - **Exercises that improve balance & coordination like Tai Chi are most helpful.**

## **Have your vision checked.**

- **Have your eyes checked by an eye doctor at least once a year.**
- **Poor vision can increase your chances of falling.**

## **Have your health care provider review your medicines.**

- **Have your doctor or pharmacist review all of the medicines you take, even over the counter medicines.**
- **Some medicines or combinations of medicines can cause you to fall.**

## **Make your home safer.**

- **Have grab bars put in next to your toilet and in the tub or shower.**
- **Remove small throw rugs or use double-sided tape to keep the rugs from slipping.**