



10 EASY STEPS to Prevent Falls

Stay Balanced and Aware



1

Be active

Exercise regularly and take classes to help build muscle strength, balance and reduce fatigue.
everybodywalk.org
kp.org/healthyaging

Prevent slips

Install handholds for toilet and tub, and use a shower chair when bathing.



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2

Check vision

Have regular, comprehensive, dilated eye exams and keep prescription eyeglasses up-to-date. For an appointment call: 503-813-2000.

Avoid tipsiness

If you drink alcohol, do so in moderation, and know any interactions it may have with your prescription medications.



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3

Wear shoes

Instead of walking around barefoot or in socks, always wear slippers or shoes with non-slip soles.

Avoid hazards

Make sure household rooms and hallways are always well lit. Avoid throw rugs and slippery floors.



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4

Monitor meds

Dizziness or fatigue might be linked to medications (including over-the-counter), so talk to your health care team about side effects.

Build healthy bones

If your diet doesn't contain enough calcium or vitamin D, supplements can help.



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Use support when needed

If needed for balance and stability when walking, use a cane or walker.

Discuss risks

Get tailored advice from your health care team about preventing falls. Contact a Wellness Coach at kp.org/wellnesscoaching or call 1-866-862-4295.



10