Are you at risk of a fall? The good news is there are actions you can take to prevent a fall...

> ✓ Challenge Your Balance

✓ Build Strength

✓ Be Active

Stay Independent. Prevent Falls. Find out more about preventing a fall at:

findingbalancealberta.ca



Finding Balance is a seniors' falls prevention program developed and promoted by the Injury Prevention Centre.

Injury Prevention Centre 780.492.6019 ipc@ualberta.ca

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## Could a fall change your lifestyle?





1 in 3 older Albertans fall each year.



After a fall, many are unable to live the way they want to.





# You can reduce your chances of falling

#### Challenge Your Balance

- Balance is controlling your movements.
- Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats.
- Try tai chi, yoga or sports that challenge your balance.

### **Build Strength**

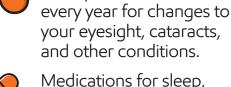
- Do exercises for your leg muscles.
- Use bands, weights or your own body weight.
- Try squats, hamstring curls, and side leg lifts.

### **Be Active**

- Do activities you enjoy!
- Try to do 30 minutes or more of moderate to vigorous activity or exercise at least 5 times per week.
- Walk, dance, garden, bicycle, or swim.

No matter what your abilities are today, you can improve your strength and balance.

- Include strength and balance activities on most days of the week.
- Supervised group programs can help you learn exercises and grow confidence.
- People with strong legs and good balance are less likely to fall.
- You're never too old, or too young to start.



cause you to fall.

**Know YOUR Risks** 

Your health care provider can help you identify reasons related to your health or environment that can

> Medications for sleep, anxiety, and treating depression can make you dizzy or sleepy and unstable on your feet. Review your medications with a doctor or pharmacist.

> Have your vision checked



Supportive footwear and foot care can ease foot pain. In the winter, wear anti-slip devices on your footwear.



Make your home safer by removing tripping hazards, improve lighting. An occupational therapist can help.

