

Find out more about  
preventing a fall at:  
[findingbalancealberta.ca](http://findingbalancealberta.ca)



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

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

**Injury Prevention Centre**  
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Could a fall  
**change your  
lifestyle?**



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 **1 in 3 older  
Albertans  
fall each  
year.**



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



Stay Independent.   
Prevent Falls.



# 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.

## Know YOUR Risks

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



Have your vision checked every year for changes to your eyesight, cataracts, and other conditions.



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.



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.



If it seems you have fallen for no apparent reason, you may have a medical condition that needs to be addressed by a doctor.