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
780.492.6019
ipc@ualberta.ca

Could a fall change your lifestyle?

Finding more about preventing a fall at:
findingbalancealberta.ca

Stay Independent. Prevent Falls.

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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.

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.

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.