

Stay Independent. Prevent Falls.



- » **Keep active to improve your strength and balance.**
- » Older adults with muscle weakness are 4-5 times more likely to fall.
- » Try to do 30 minutes or more of physical activity at least 5 days each week.
- » Walking, dancing, Tai Chi, and cross-country skiing are a few great ways to be active.



- » **Review all medications with your doctor or pharmacist.**
- » Seniors taking more than 3-4 medications are at a higher risk of falls.
- » Some prescriptions, over-the-counter medications, vitamins, and herbal supplements can increase your risk of falling.



- » **Visit an eye doctor for an eye exam every year.**
- » Older adults with low vision are 2.5 times more likely to fall.
- » A comprehensive eye exam will test your vision and look for issues like glaucoma and cataracts.
- » Alberta Health Care covers the cost of eye exams for adults 65 and older.