

1.
Keep active to
improve your
strength and
balance.



Review all
medications
with your doctor
or pharmacist.

2.

Visit an eye
doctor for an
eye exam
every year.

3.

1. KEEP ACTIVE

- Elders with muscle weakness are 4 to 5 times more likely to fall.
- Try to do 15 minutes or more of moderate- to high-intensity exercise at least 3 to 5 times each week.
- Walking, dancing, gardening, and horse shoes are a few great ways to be active.

2. REVIEW YOUR MEDICATIONS

- Elders taking more than 3 to 4 medications are at a higher risk of falls.
- Some prescriptions, over-the-counter medications, and vitamins can increase your risk of falling.

3. CHECK YOUR EYESIGHT

- Elders 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 every year for adults 65 and older, and NIHB covers the cost for eye exams every two years for adults 64 and under.



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