

8 STEPS

to Stay on Your Feet



How you can
prevent falls
and stay
independent.

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and stay independent.

1 Improve your balance

- Exercise to improve your balance for 2 hours each week, or about 20 minutes every day.
- Do balance exercises in addition to your other physical activities.
- Visit www.preventfalls.ca or ask your physiotherapist for simple exercises you can do at home.



Are you doing balance exercises for 20 minutes every day?

2 Stay active and exercise daily

- Stay strong and healthy by doing activities that you enjoy such as walking, swimming, cycling, or exercising in a group.
- Start slowly and work up to 20-30 minutes every day.
- If you are just starting to exercise, talk to your doctor first.



Do you do less than 30 minutes of physical activity each day?

3 Manage your medications

- Have your prescriptions, over-the-counter drugs (such as pain relievers), vitamins and herbal supplements reviewed by your doctor, pharmacist or nurse once a year and when you start a new medication.
- Keep an up-to-date list of the names and doses of your medications.
- Take your medications as directed: the correct dose at the proper time.



When was the last time you had your medications reviewed?

4 Vitamin D and healthy eating

- Take a 1000 IU vitamin D supplement each day.
- Eat nutritious foods from all four food groups.
- Drink 9 cups of fluid every day, such as water, milk or tea.
- Limit your alcohol intake to no more than 1 or 2 drinks a day.



Are you getting enough vitamin D?

5 Manage your health conditions

- Have regular checkups with your health care provider to manage your chronic health conditions, get early treatment and prevent complications.
- Learn about your health conditions and follow advice to keep up your abilities and health.
- See your health care provider if you don't feel right, or if you feel weak, dizzy or unsteady.



Do you sometimes feel weak, dizzy, or unsteady?

6 Take care of your eyesight

- Always wear your glasses or contact lenses as prescribed.
- Have your glasses and contact lenses checked by your optometrist every year.
- Have your eyes checked every 2 years by an eye specialist (optometrist or ophthalmologist) or when you notice any changes in your vision.



Has it been more than 2 years since your eyes were tested or 1 year since your glasses were checked?

7 Foot care and safe footwear

- Choose shoes that fit well, provide good support and have low, wide heels.
- When indoors, wear supportive shoes instead of socks or slippers.
- See a doctor, foot specialist (podiatrist) or foot care nurse about foot problems or pain.



Do your shoes have slippery soles or fit properly?

8 Identify, remove and report hazards

- Remove things your home that could cause you to trip such as throw rugs, clutter and electrical cords.
- Have good lighting in all rooms, hallways, outside steps and entrances.
- Report hazards in the community to your municipal office. In Winnipeg, call 311.
- Use the home safety checklist at www.preventfalls.ca to identify home hazards.



Are there hazards in your home that could cause you to fall?

Have you had a fall in the last year?

If you've answered "yes" to one or more of the questions, take action now to reduce your risk of falling by following the tips in this presentation.

Consider additional resources recommended by your health team.



Contact Information