Your Diet
Are you eating a variety of foods every day?
Vitamin D and Calcium help to keep your bones strong.
Calcium is in salmon, spinach, stinging nettle, plantains and sesame seeds. Silica (for bone health) is in celery, cucumber, stinging nettle, wild asparagus and horse tail.
Vitamin D is in salmon, egg yolks and sunshine.
You may want to talk to your doctor about supplements.

Your Home
Is clutter putting you at risk?
Clutter on your floors or stairs can make it more difficult to stay on your feet. Make sure there are no cords, scatter rugs, pet toys or even pets in your path.
Are your stairs safe?
Safe stairs are well-lit with a light switch at the top and bottom of the stairs, handrails on both sides of the stairway, and an anti-slip finish. Contrast stripes are a great idea too!

Your Eyesight
When was the last time you had your eyes checked?
Vision is an important part of balance. Good vision helps to prevent falls. If you are over the age of 65, have your vision checked every year, or more frequently if your doctor recommends it.

Would you like more information about fall prevention?
Visit us online at www.safeforelders.com to find posters, games, exercise videos and a collection of web resources you might find useful.