Are you at risk for falls?

I have fallen in the last three months.
Yes ☐ No ☐

Sometimes I feel unsteady when I am walking.
Yes ☐ No ☐

I do less because I am worried about falling.
Yes ☐ No ☐

I take medicine that sometimes makes me feel light-headed or sleepy.
Yes ☐ No ☐

If you said **yes** to any of the statements above, then you are at risk of falling and should talk to a health professional (e.g., a doctor, nurse or pharmacist).

If you said **no**, you may still be at risk. People of all ages fall. Turn the page to find out what you can do to reduce your risk of falls...

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Safe for Elders, Safe For All!

Our Elders are our most precious resource.

The **Ni’kam Nation Tribal Council** is dedicated to keeping our Elders safe and ensuring they are able to remain within their homes and their communities for as long as possible.

MORE RESOURCES AT:
**www.safeforelders.com**

Communities working together to keep our Elders safe from falls.

**www.safeforelders.com**
Your Health
Are you taking care of your health?
It’s important to properly manage your health issues. Remember, some medications can cause dizziness on their own, or when mixed with others. Always take your medications as directed and if you are taking more than 2 medications, ask your pharmacist to review them for you. Avoid mixing alcohol with prescription medications.

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.

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.

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 Body
Are you exercising?
The most important thing you can do to prevent falls is to stay strong. Try to increase your activity levels so you exercise each day. Walking, fishing, gardening, tai chi – whatever you enjoy. Use a walking aid to help you if you need it. Remember, no plunking!

www.safeforelders.com has a range of FREE exercise videos to help you get started.

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.