



You can prevent a fall



Staying Independent

Move your body: If you don't use it, you will lose it! Walking, simple exercises and activities help maintain strong bones and muscles. See the [24-Hour Movement Guidelines for Adults 65+](#).

Look after your feet: Unhealthy feet are prone to pain and sores, which can lead to instability when walking. Pay attention to foot care and footwear.

Eat a balanced diet: Poor eating habits, poor fluid intake, or the inability to eat nutritious food, can lead to weakness and frailty, increasing your risk for a fall. Check out [Canada's Food Guide](#) for ideas on healthy eating.

Take care of your teeth and gums: Oral health is directly linked to your overall health, and impacts your ability to eat healthy food. It is important to prioritize regular dental checkups.

Get enough calcium and vitamin D: These two work best together, and are essential for bone health. Talk to your pharmacist about the amount that's right for you!

Monitor your vision and hearing: Yearly check-ups are recommended to address and manage any concerns.

Know your medications: Some medications have side effects that increase the risk of falling. Keep a medication record and review it once a year with your doctor or pharmacist.

Limit your alcohol consumption: Older adults are more susceptible to the effects of alcohol. If you have more than two drinks per week, consider reducing consumption for [health benefits](#).

Take care of your mental health: We can help each other feel less lonely, anxious or depressed by reaching out to friends, family, our health care providers, or the mental health hotline (1-866-531-2600).

Spend time with friends and family: Participating in activities or volunteering in our communities connects us, gets us moving and increases overall well-being.

Take your time: Give yourself lots of time to complete activities. Try not to rush when going to the bathroom or answering the phone.

Make your home safer: Most falls happen in or around the home and can often be prevented by simple home modifications. Check out the health unit's [Home Safety Checklist](#). You can get a copy by calling *Health Connection* at the numbers below.

Stay safe and stay on your feet!

With some planning you **CAN** prevent a fall and maintain your health and your independence.