

STEPS TO PREVENT A FALL

1. Get your vision and hearing checked annually and update your eyeglasses
2. Regularly review your medications with your doctor or pharmacist
3. Keep your home safe
4. Find a good balance and exercise program, like...

BINGOCIZE®

BINGOCIZE® IS A 10-WEEK PROGRAM THAT COMBINES A BINGO-LIKE GAME WITH EXERCISE AND HEALTH EDUCATION. THE MAIN GOALS ARE TO HELP OLDER ADULTS IMPROVE AND/OR MAINTAIN MOBILITY AND INDEPENDENCE, LEARN AND USE HEALTH INFORMATION FOCUSED ON FALLS REDUCTION AND OTHER HEALTH-RELATED BEHAVIORS.

FROM AWARENESS TO ACTION!

YOU MAY KNOW THE WAYS TO REDUCE FALLS IN YOUR LIFE, BUT HAVE YOU TAKEN THE NECESSARY ACTIONS?

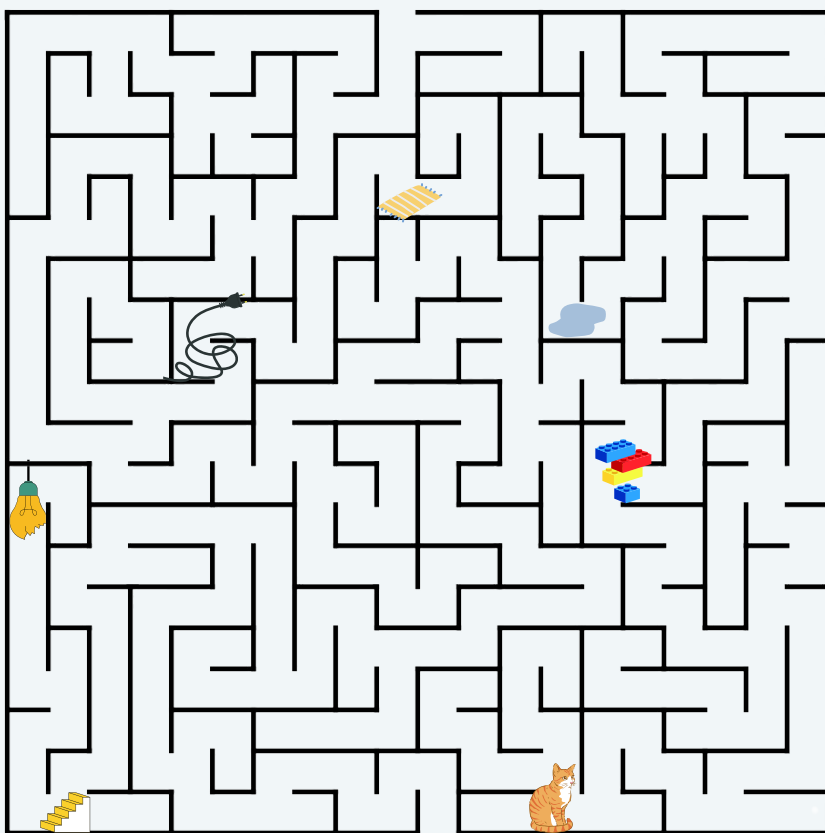
HOW CAN YOU MAKE YOUR HOME SAFER?

- WHEN YOU WALK THROUGH A ROOM, DO YOU HAVE TO WALK AROUND FURNITURE?
ASK SOMEONE TO MOVE THE FURNITURE SO YOUR PATH IS CLEAR.
- DO YOU HAVE TO WALK OVER OR AROUND WIRES OR CORDS (LIKE LAMP, TELEPHONE, OR EXTENSION CORDS)?
COIL OR TAPE CORDS AND WIRES NEXT TO THE WALL SO YOU CAN'T TRIP OVER THEM. IF NEEDED, HAVE AN ELECTRICIAN PUT IN ANOTHER OUTLET.
- DO YOU HAVE RUGS ON THE FLOOR?
REMOVE THE RUGS OR USE DOUBLESIDED TAPE OR A NON-SLIP BACKING SO THE RUGS WON'T SLIP.



2023 Falls Prevention Month
healthyagingnc.com

**HELP BETTIE
NAVIGATE
HER HOME
WITHOUT
ANY FALLS!**



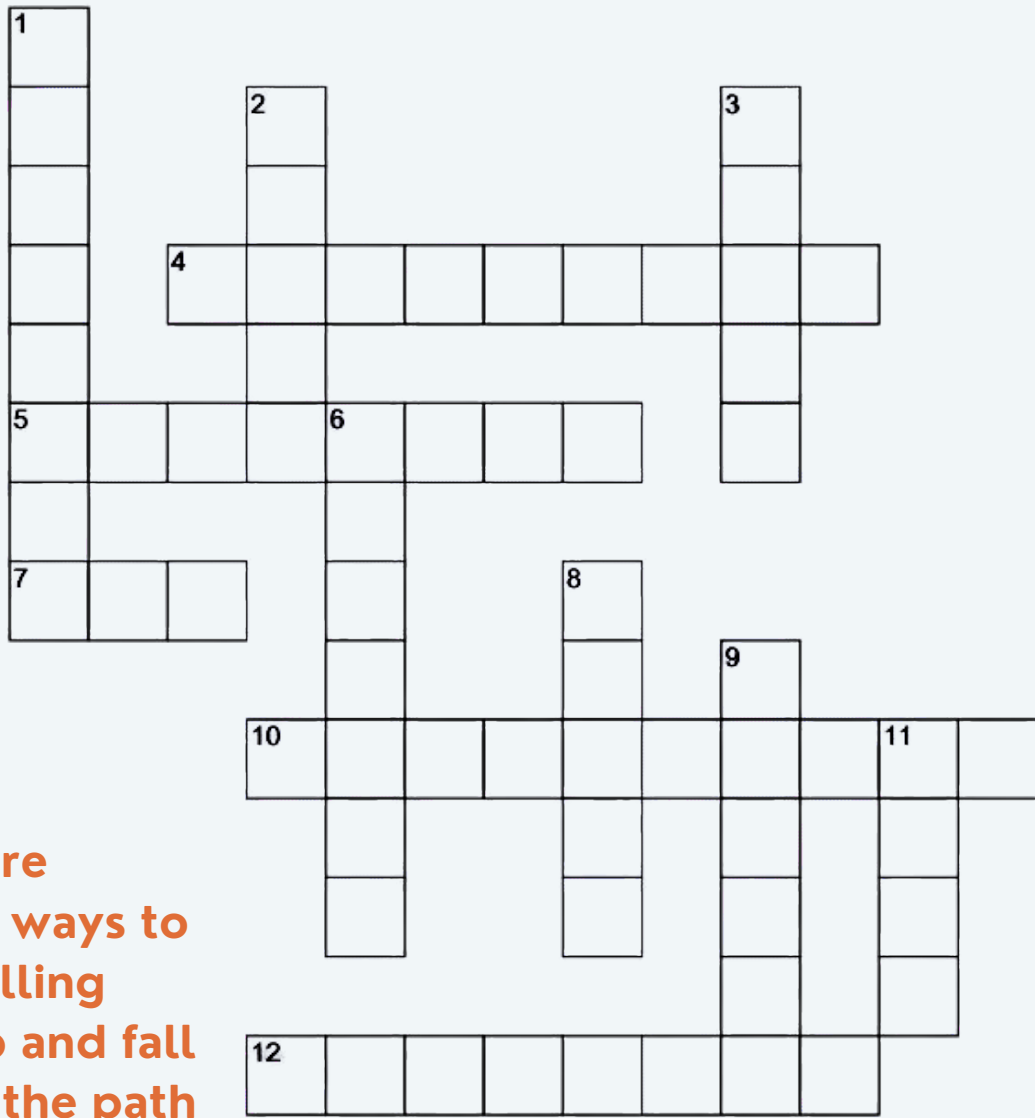
YOU DID IT

Down:

- 1. Wearing a safe style can significantly reduce the risk of an injury
- 2. Should never be used as a step stool
- 3. Leading cause of injury for people over age of 25
- 6. Strengthens bones and muscles
- 8. Drink 6 to 8 glasses each day to prevent dehydration
- 9. Should be checked by a doctor each year
- 11. Make it safer to prevent falls

Across:

- 4. Stairway safety feature
- 5. One of the most important ways to reduce your chances of falling
- 7. A ___ can cause you to slip and fall
- 10. Should be installed along the path from bedroom to bathroom
- 12. A dosage change can make you drowsy or lightheaded



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