

Are you at risk of a fall?

The good news is there are actions you can take to prevent a fall...

Challenge Your Balance

Build Strength

Be Active



Find out more about preventing a fall at:

FindingBalanceAlberta.ca



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Kee Tas Kee Now Tribal Council
injuryprev@kctadmin.ca

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Could a fall change your lifestyle?



FINDING BALANCE

FindingBalanceAlberta.ca



20-30% of Elders fall each year

After a fall, many are unable to live the way they want to.



YOU CAN REDUCE YOUR CHANCES OF FALLING

No matter what your abilities are today, you can improve your strength and balance.

Challenge Your Balance

- Balance is controlling your movements.
- Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats.

Build Strength

- Do exercises for your leg muscles.
- Use bands, weights or your own body weight.
- Try squats, hamstring curls, and side leg lifts.

Be Active

- Do activities you enjoy like: walk, dance, or garden!
- Try to move more and sit less.
- Start off slow, work up to 15 minutes of activity and maintain over time.

- Include strength and balance activities on most days of the week.
- Supervised group programs (if offered in your community) can help you learn exercises and grow confidence.
- People with strong legs and good balance are less likely to fall.
- You're never too old, or too young to start.

If it seems you have fallen for no apparent reason, you may have a medical condition that needs to be addressed by a doctor. Contact your CHN or doctor.

Know YOUR Risks

Your community health nurse (CHN) can help you identify reasons related to your health or environment that can cause you to fall.

Have your eyes checked every year for changes to your eyesight, cataracts, and other conditions.

Medications for sleep, anxiety, and treating depression can make you dizzy or sleepy and unstable on your feet. Review your medications with a doctor or pharmacist.

Supportive footwear and foot care can ease foot pain. In the winter, wear anti-slip devices on your footwear.

Make your home safer by removing tripping hazards, and improving lighting. An occupational therapist can help. Contact your health centre for information.

