

GETTING AROUND IN YOUR COMMUNITY

Every year, **20-30%** of Elders will fall...

The good news is that there are actions you can take to prevent falls.

Being aware of hazards in the community can help you to avoid falling when on the go.



Take action to be safe in your community.

- Take your time to avoid rushing.
- Watch for uneven surfaces, cracks, or obstacles.
- Use your walking or mobility aids.
- Sit down and rest when you feel tired.
- Keep your hands free for balance and to use hand rails.
- Watch out for slippery surfaces.



KEEP YOUR MOCCASINS MOVING!

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FindingBalanceAlberta.ca

GET A GRIP ON SLIPPERY SURFACES



Avoid wet surfaces such as puddles, snow and ice.

Watch out for wet, smooth, or shiny floors in public buildings, especially in washrooms.

Wear proper footwear: a snug fit with non-slip treads.

In the winter use ice grips on your shoes and ice picks on the end of your cane or walker.

If you have had a fall, please talk to your doctor or community health nurse.



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