Small steps to *prevent falls*

Did you know that one out of four older adults experiences a fall every year? Falling puts you at risk for serious injuries that can lead to losing your independence. Use the checklists below to help protect your health!



☐ Get your hearing and vision checked annually, as covered under your plan

- Hearing and vision both play an important role in balance
- Address vision or hearing concerns, including updating glasses or hearing aids when needed

☐ Stay physically active

- Start small with regular movement like walking, dancing or tai chi
- Consider strength training or weight-bearing exercises
- Explore your health plan benefits for fitness savings with programs like Silver & Fit and Blue365*

☐ Choose well-fitting, non-slip shoes

☐ Review medications with your doctor or pharmacist

- Some medications can cause dizziness and balance issues
- Some medications may increase the need for frequent bathroom trips
- Your doctor or pharmacist may be able to adjust your medications to help reduce unwanted side effects

☐ Talk with your doctor

- Tell your doctor if you have fallen or are concerned about falling
- If you have fallen, ask about treatment options to prevent future falls
- Bring this checklist to your next visit and review it with your doctor

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Easy fall prevention tips for home

Check off the boxes below as you complete these activities to improve home safety

Floors

- Keep electrical and phone cords out of walkways
- Rearrange furniture to create clear walking paths
- Use non-slip mats in the kitchen and bathrooms
- Remove throw rugs or secure them with non-slip backing
- Keep shoes, books or other objects off the floor

Stairs and hallways

- Remove clutter from stairs and hallways
- Repair loose, broken or uneven steps
- Install sturdy handrails on both sides of stairways
- Ensure stairways and hallways are well lit
- Repair loose carpeting or stair treads

Kitchen

- Store commonly used items on low, easy-to-reach shelves
- Use a sturdy step stool with a handhold if needed

Bedrooms

- Put a lamp on each side of the bed
- Use a nightlight if you get up in the dark

Bathrooms

- Use a non-slip mat in the tub or shower
- Install grab bars in the shower or tub and next to the toilet
- Use a nightlight to improve visibility

Around the house, make sure you:

- Wear non-slip, sturdy shoes
- Keep rooms and walkways well lit
- Use window coverings that help reduce glare when needed
- Keeping working flashlights in various rooms in case of a power outage

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*Check your plan benefits to confirm eligibility

Excellus BlueCross BlueShield is an independent licensee of the Blue Cross Blue Shield Association.
The Silver&Fit program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH).
All programs and services are not available in all areas. Members should talk with their doctor before starting or changing their exercise routine. Fitness center participation may vary by location and is subject to change.
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