

Fall Prevention Tips

Turn to VPAS and reduce your risk of falling

Every 11 seconds an older adult is treated in the emergency department for a fall. Don't become a statistic!



- VPAS offers falls prevention classes and in-home personal care to keep older adults from experiencing falls. Register today.
- Keep your home safe. Increase lighting. Make sure there are two secure rails on all stairs. Install grab bars in the tub/shower and near the toilet. Replace scatter rugs with rubber backed rugs. Make sure spaces are clutter-free and clean up spills right away.
- Talk to your health care provider. Ask for an assessment of your risk of falling.
- Regularly review your prescriptions with your doctor or pharmacist.
- Get your vision and hearing checked annually and update your eyeglasses.
- Wear properly-fitting, sturdy shoes with non-skid soles.
- If you have pets, keep them in one place at night. Train them not to jump or get underfoot.

Turn to VPAS:

Phone: 800-868-VPAS (8727).

Website: www.vpas.info

facebook: Valley Program for Aging Services

