



## **Falls**

**Within our senior citizen community, Enumclaw Fire Department runs a large number of calls for fall patients, injured and non-injured. The majority of falls are preventable.**

**To help remain independent and reduce chances of falling, older adults can:**

- Exercise regularly. It is important that the exercises focus on increasing leg strength, improving balance, and get more challenging over time. Tai Chi programs are especially good.**
- Ask your doctor or pharmacist to review your medicines—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.**

- **Have your eyes checked by an eye doctor at least once a year and update your eyeglasses to maximize your vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.**
- **Make your home safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways and improving the lighting in your home.**

**To lower their hip fracture risk, older adults can:**

- **Get adequate calcium and vitamin D—from food and/or from supplements.**
- **Do weight bearing exercise.**
- **Get screened and, if needed, treated for osteoporosis.**