



Protect yourself. Stay independent.

Falls are the leading cause of injury for adults 65 and older. They are not a normal part of aging.

You can protect yourself and maintain your independence with small, simple changes.

## 4 SIMPLE STEPS FOR A SAFER LIFE

1

### Keep your environment safe.

- Remove things that can trip you like cords, clutter, and loose rugs.
- Clean up spills right away.
- Use night lights in hallways and bathrooms.
- Make sure stairs have sturdy railings on both sides.



2

### Wear the right shoes.

- Choose supportive, non-slip shoes for both indoors and outdoors.
- Avoid walking in socks or loose slippers on hard floors.



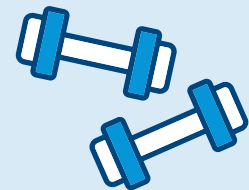
3

### Stay active and strong.

Regular movement improves balance and coordination.

- Try stretching, yoga, or strength-building exercises.

Always talk to your doctor before starting a new activity routine.

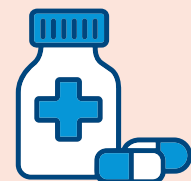


4

### Be aware of your medications.

Some prescription drugs can cause dizziness or tiredness.

- Review your medications regularly with your doctor to manage side effects.



Talk to your provider. They can help you find resources and make changes to avoid falls.

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## Special tips for your loved ones

### Protect kids



- Use safety gates on stairs and install window guards.
- Supervise children on playgrounds and near water.
- Teach kids to put away toys to prevent trips.

### Support expecting mothers



- Move slowly when changing positions (e.g., from sitting to standing).
- Keep frequently used items within easy reach.
- Ask your provider about pregnancy exercises that support balance.

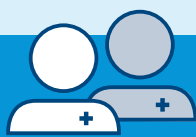


### When to talk to your doctor

Your health is a partnership. Contact your provider for guidance and support if

- You have fallen in the past year
- You feel unsteady
- Your vision, strength, or balance changes
- Dizziness, fatigue, or pain affects your mobility

Your provider can help identify causes. They can also connect you with resources to help prevent falls, such as balance assessments and therapy services.



### We are here to help with therapy and wellness services

Ochsner Medical Center offers therapy and wellness services to help you. Ask your primary care provider if therapy is right for you.

You can also visit an Ochsner Therapy & Wellness center for more information. Learn more at [ochsner.org/therapy-wellness](https://ochsner.org/therapy-wellness) or scan this code with your phone's camera.



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