



Most falls can be prevented.

Falls can happen to anyone: kids, pregnant women, and adults of all ages. You can help protect yourself and your family with simple steps that take care of your health and make your home safer.

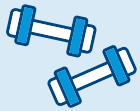
Be aware. Start simple habits. Make small changes. Stay safe and independent!

6 STEPS TO PREVENT FALLS

1

Stay active and build strength.

- Try walking, stretching, yoga, or strength training.
- Are you expecting? Ask your provider about safe prenatal exercises.
- For kids: active play builds coordination and body awareness.



2

Keep your home safe.

- Remove clutter, cords, and throw rugs from all walkways.
- Install grab bars in bathrooms and handrails on all stairs.
- Keep items you use often within easy reach.
- Use night lights in hallways, bedrooms, and bathrooms to illuminate your path.



3

Pay attention to footwear.

- Wear non-slip, supportive shoes both inside and outside your home.
- Avoid walking in only socks or loose slippers, especially on hard surfaces.



4

Take your time.

- Stand up slowly from a sitting or lying position to avoid feeling lightheaded.
- Use stable surfaces for support when you bend, reach, or lift.
- Encourage children and older adults to slow down and be aware of their surroundings.



5

Manage your health and medications.

- Dizziness, tiredness, or vision changes can increase your fall risk. Talk to your provider if you have any of these symptoms.
- Get regular eye exams and keep your prescriptions up to date.
- Review all medications with your doctor. Some can cause drowsiness or affect your balance.



6

Make outdoor areas safer.

- Keep steps, porches, and sidewalks well-lit and clear of debris.
- Use railings and wear stable shoes when walking on uneven ground.
- After it rains, be mindful of slippery leaves, mud, or wet surfaces.





Don't wait! Talk to your doctor if you have any worries about falls.

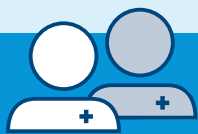
An open conversation can help keep you and your family safe. Call your doctor if

- **You've fallen in the past year.** Even one fall increases your risk of falling again. Your provider can help find the cause.
- **You feel unsteady, weak, or dizzy.** If you grab onto walls or furniture for balance, your provider can assess your strength and blood pressure.
- **You have changes in your vision or hearing.** These senses are vital and help you avoid hazards.
- **You take multiple medications.** Bring a complete list of your medications and supplements to your appointments for review.
- **You have a new medical condition or are recovering from surgery.** Changes in mobility and energy levels can increase your fall risk.
- **You are pregnant or recently gave birth.** Changes in balance and hormones can make falls more likely.
- **Your child trips or tumbles often.** This could indicate vision issues or developmental concerns that are worth checking out.

What to Expect From Your Provider

Your provider is here to help you stay safe and healthy. They may ask about your falls or any times you almost fell. They will

- Review your medications
- Check your blood pressure
- Test your balance



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 or scan this code with your phone's camera.



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