

## Checklist for Reducing Your Risk of Falling

*Here's a list of steps for you to consider as part of a conscious effort to reduce your risk of falling. Next to each item, make notes to help remind you of things you need to do to follow up. Then, recheck yourself again after two or three months to see how you're doing.*

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

### Get enough exercise!

- If you have an active exercise program, stick with it.
- If you don't have one, talk with your doctor or other health care provider about starting one.
- If you are in physical or occupational therapy, make falls and how to prevent them one of the things you talk about.

Notes: \_\_\_\_\_

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### Check with your doctor . . .

- If you have experienced episodes of dizziness.
- If you think you may have problems with balance, vision, or side effects from medications.
- To have balance problems tested, diagnosed, and treated.

### Eat right and drink enough water!

- Are you eating regular, healthy meals?
- Are you drinking enough water each day?
- Do you limit your use of alcohol?

### Be aware of your surroundings!

- Plan your steps a little more carefully than you used to.
- Be especially alert when in new surroundings and while traveling.

