

Keep **FALLS** OUT OF YOUR *Autumn*



Let's make safety a priority so you can stay active, independent, and enjoy all the things you love.

SIMPLE TIPS FOR A SAFER YOU

1 Wear Safe Footwear



Choose supportive, non-slip shoes, with good grip and a low heel that slip off easily.

2 Make Your Home Fall-Proof



Remove clutter, secure rugs, keep walkways clear, and ensure good lighting.

3 Stay Alert & Check Your Health



Have your eyes checked regularly and keep up with medications.

4 Stay Active



Gentle exercises like walking, stretching and chair exercises improve balance, strength and flexibility.

5 Stay Hydrated & Eat Well



Good nutrition and hydration help keep your body strong and your balance steady.

6 Use Assistive Devices



Canes, walkers, and grab bars are there to help — give them proudly if you need them.

FALL SAFETY OUTDOORS

- Watch for wet or slippery leaves
- Wear boots with good grip and support
- Wear appropriate, non-slip footwear



BALANCE BOOSTERS

- Try these simple daily activities:
- Stand on one foot while holding a counter (10 seconds each side)
- Heel-to-toe walk (like on a tightrope) along a hallway
- Sit to stand from a chair (repeat 5-10 times)



CONTACT US



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*Stay Safe. Stay Strong.
Stay Independent.*



LET'S HAVE FUN AND STAY SAFE!

Activities to keep your mind active
and your body moving!

WORD SEARCH

Find the words related to fall prevention.

S A F E T Y H O M E
W A L K E X E R C I S E
B A L A N C E S T R O N G
V I S I O N C A R E P V
H E A L T H S H O E S E
P R E V E N T S U P P O R T
C A N E F A L L S E L T
S T R E N G T H W A L K

★ SAFETY	★ FALL	★ EXERCISE
★ WALK	★ HEALTH	★ PREVENT
★ SHOES	★ HOME	★ SUPPORT
★ STRENGTH	★ VISION	★ CANE

SAFETY CHECK

Circle the best answer.

- What is the best way to prevent slips at home?
 - Wear socks only
 - Keep floors clear & dry
 - Walk quickly
- Which of these helps improve balance?
 - Sitting all day
 - Regular exercise
 - Skipping meals
- You feel dizzy after taking medication. What should you do?
 - Ignore it
 - Lie down and drink water
 - Tell your doctor or pharmacist

SAFETY BINGO

Mark an X when you take a safety action!



Wear safe shoes



Drink water today



Check my vision



Take my medications

FREE!

Safety Champion!



Did 10 minutes of exercise



Reviewed my medications



Used my cane or walker if needed



Told someone my safety plan

