

Steps toward a **HEALTHY** and **INDEPENDENT LIFE**

Resources for Aging Well



Preventing Falls: 6 **Simple** Steps

- ✓ **Begin a regular exercise program.** Exercise is one of the most important things you can do to prevent falls and it's never too late to start. Include balance, strength, flexibility, and cardiovascular components.
- ✓ **Talk to your healthcare provider.** Ask about a fall risk assessment, share your history of falls, and address modifiable fall risk factors.
- ✓ **Review your medication list with your doctor.** Medication side effects such as dizziness or drowsiness can lead to falls. Take medications as prescribed, and learn about the medications you are taking.
- ✓ **Get yearly hearing and vision checks.** Your eyes and ears can help keep you on your feet. Hearing loss can affect your balance and vision impairments can lead to falls.
- ✓ **Talk to your family members or support team.** Ask for help with simple steps to stay safe.
- ✓ **Keep your home safe.**
 - Keep walking paths clear of furniture or clutter
 - Remove throw rugs
 - Install grab bars and non-slip mats by toilets and bathing areas
 - Move frequently used items to lower shelves or waist-high counter tops
 - Place nightlights in hallways and bathrooms
 - Wear appropriate footwear with non-skid tread and avoid high heels, sandals and loose slippers
 - Keep outdoor pathways clear of ice, snow and debris.



RESOURCES

Dial 2-1-1 from anywhere in Washington State for 24 hour resources in your community such as disaster recovery, food programs and benefits, housing, and healthcare services.

Dial 9-8-8 for the Crisis and Suicide Lifeline. The 988 Lifeline is confidential, free, and available 24/7/365. You can contact the 988 Lifeline to get support for:

- Thoughts of suicide
- Mental health crises
- Substance use concerns
- Any other kind of emotional distress

You can also contact the 988 Lifeline if you're worried about a loved one who may need crisis support.

Washington Poison Center: 800-222-1222

Ageing and Long Term Support Administration Resources: Linking to Area Agency on Aging, Caregiver support, Home and Community Services, Residential Care Services, Adult Protective Services, Senior Information and Assistance.
<https://www.dshs.wa.gov/AL TSA/resources>

Community Living Connections (CLC):
www.washingtoncommunitylivingconnections.org/consite/connect/

WA State Department of Health Resources: Evidence-based exercise programs, and healthy aging educational resources.

