

## Fall risk prevention

The need for honest, open communication with your health care provider is crucial when it comes to your health. To make the most of your next appointment, refer to this checklist and don't hesitate to ask questions.

### Questions to ask your doctor

- ☐ I am worried about falling. Is there anything I can do to keep from falling?
- ☐ Ask your doctor to evaluate your risk for falling.
- ☐ I read that some medicines can make you dizzy. Do you think any of mine might be a problem?
- ☐ Where can I find resources on falls prevention? [STEADI - Older Adult Fall Prevention | CDC](#)

### My lifestyle changes to prevent falls

- ☐ Keep moving. Exercise to improve your leg strength and balance.
- ☐ Get an annual eye exam and replace eyeglasses as needed.
- ☐ Get your feet checked.
- ☐ Make your home safer. Remove clutter and tripping hazards.
- ☐ Install grab bars next to and inside the tub, as well as next to the toilet.
- ☐ Improve your home's lighting. Brighter lighting is required to see clearly.
- ☐ Install handrails and lighting on all stairwells.
- ☐ Keep frequently used items in cabinets that are easily accessible.

- ☐ Examine your medications. Request a medication review from your doctor or pharmacist.
- ☐ Speak up. Talk openly with your healthcare provider about fall risks and prevention.

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