

The Kingston, Frontenac, and Lennox & Addington Stay on your Feet Coalition is represented by the following agencies.



*Community Volunteers*

*KFL&A Community Care Access Centre*

*KFL&A Public Health*

*Kingston General Hospital*

*Lennox & Addington Seniors Outreach Services*

*Kingston Community Health Centres*

*Providence Continuing Care Centre*

*Rideaucrest and Fairmount Homes*

*Seniors Association Kingston Region*

*Briargate Retirement Living Centre*

*Lennox & Addington County General Hospital*

*VON Greater Kingston*

*Working in partnership with our Community, the KFL&A Stay on your Feet Coalition is dedicated to enhancing safe living throughout the senior years.*



## Did you know:

- most falls are predictable and preventable,
- falls are responsible for 86 percent of hospital injury admissions for people aged 65 and older,
- your lifestyle, home environment, and community all affect your risk of falling?

For more information call  
613-549-1232, ext. 181  
or visit [www.stepsafe.com](http://www.stepsafe.com)



*Adapted from: "Top 12 Tips to Prevent Falls" Sudbury Falls Prevention Coalition.*

# 12 tips



# to prevent

# Falls

*The Stay on your Feet  
KFL&A Falls Prevention Coalition*

## Exercise regularly



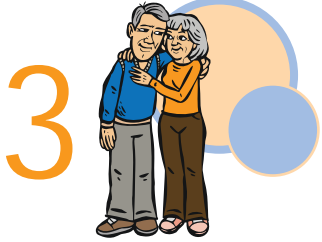
Regular exercise can help you maintain muscle, bone strength and flexibility, reducing the risk of injury.

## Eat balanced meals

It is important to eat at least three well-balanced meals per day to avoid weakness, dizziness, and fatigue.



## Take time for friends



Research tells us that those who are isolated, lonely, and less active have more falls and more serious injuries.

## Plan ahead

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Rushing increases your risk of falling. Take your time.



## Visit your doctor



Have regular check-ups as changes in vision, hearing, bones, and muscles can lead to falls.

## Drink alcohol responsibly

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As we age our bodies process alcohol differently. Your tolerance may have decreased. If you are on medication, talk to your doctor about the effects of mixing your medication with alcohol.

## Use medication safely

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Be aware that some medications can make you sleepy, dizzy, or lightheaded. Discuss side effects with your doctor or pharmacist.

## Wear supportive shoes

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Wear supportive footwear with non-skid soles indoors and outdoors.



## Use walking aids correctly



A cane or walker should be fitted correctly and used as recommended. Consult your doctor, pharmacist, or therapist.

## Remove clutter and secure rugs

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Clear objects from stairs and traffic areas. Avoid small rugs or mats that could slide or bunch up and cause someone to trip.

## Light up the night

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Night lights can be used to brighten dark hallways, bathrooms, and stairs.

## Do a home safety check

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Do a safety check of your home. Basic safety features include secure handrails, well-lit stairs, night lights, non-skid bathmats and grab bars.

**Think safe, watch your step, prevent a fall.**