

Stand Tall! Don't Fall!



National Fall Prevention
Awareness Week in
Montana

September 20-24, 2010

FIVE THINGS YOU CAN DO TO PREVENT FALLS:

- After visiting with your doctor or physical therapist, increase your **daily activity & exercise**.
- Have your doctor or pharmacist **review your medications and supplements**.
- Ask a physical therapist how to arrange for a **home safety visit**. Consider grab bars in the bathroom.
- Have your **vision checked**. Did you know that multi-focal and/or progressive lenses increase your risk of falls?
- Wear the **right footwear**. Supportive shoes with non-slip soles are excellent. Try to avoid ice and other risks.