

# Fall Prevention Checklist

UMACO Fall Prevention Program

## 1. Find out your fall risk

- ✓ Talk to your doctor about your fall risk, especially if you have fallen before, have difficulty walking or balance problems

## 2. Review your medication

- ✓ Bring all your medications to your pharmacist or health professional at least once a year
- ✓ Ask about any side effects and ways your medications may affect each other

## 3. Have your vision checked

- ✓ Have an eye doctor check your vision and eyeglass prescription each year

## 4. Engage in regular physical activity

- ✓ Ask your doctor what types of activities are best for you
- ✓ Make an activity plan that fits with your interest and what you are able to do
- ✓ Do exercises that improve lower body strength and balance

## 5. Check your home and make changes for safety

- ✓ Use a home safety checklist to check your home for fall risks
- ✓ Remove clutter
- ✓ Improve lighting in rooms, hallways, and stairwells
- ✓ Consider placing a phone in every room and/or getting a telecommunication emergency alert response system to use in case of a fall