



Home  
Health  
Care

# It's Officially Fall Time, But Don't Fall!

1. Make an appointment with your doctor to review:
  - What medications are you taking? Make a list of your prescription and over-the-counter medications.
  - Have you fallen before? Write down the details, including when, where and how you fell.
  - Could your health conditions cause a fall? Let your doctor know if you feel it is more difficult to keep your balance or if you feel weak.
2. Keep moving
  - Physical activity can go a long way toward fall prevention. Walking, water exercise, chair yoga are good choices. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.
3. Wear sensible shoes
  - Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. Walking in stocking feet is also hazardous to your safety.
4. Remove home hazards
  - Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. Keep your floor clutter free.
5. Light up your living space
  - Keep your home brightly lit to avoid tripping on objects that are hard to see.
6. Use assistive devices
  - Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too.
  - If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies.



**To learn more about Nye Home Health Care, please contact Kathy Kirby at 402.753.1401 or via email at [info@nyehomehealthcare.com](mailto:info@nyehomehealthcare.com).**