

Did you fall, think you would fall, or nearly fall (note date, time, and as many details as possible)?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Why did this happen? (note if tripped on a cord, lost balance, felt dizzy after taking medication, etc.)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Take These Steps to Live Fall Free

If you are concerned about falls, schedule a visit with your primary doctor and bring this information with you. Together, you can develop a plan to minimize your risk and keep your independence. Stay safe, active, and fall free.

### For more information:

For urgent matters contact your primary care provider. For other information and resources contact the ADRC at (920) 448-4300.

[www.adrcofbrowncounty.org/fall-prevention](http://www.adrcofbrowncounty.org/fall-prevention)

[www.ncoa.org](http://www.ncoa.org)  
select Healthy Living, then Fall Prevention

Provided by:



**BROWN COUNTY PREVENTION COALITION**

# Freedom from Falls

Simple ways you can prevent falls to stay safe and comfortable in your home.



One in four people over the age of 65 fall every year. 32 falls per day are reported by Brown County ER's, hospitals and local EMS (excluding urgent care and clinic settings). Learn what you can do to lower your risk of falls.

### 1. Stay Strong and Speak Up

Simple strength and balance exercises are proven to reduce falls. They can be done in the convenience of your home or in a group setting.

- Hold onto something sturdy and practice standing on one foot or standing on your tiptoes.
- Use a cane, walker, or other assistive device when walking on uneven surfaces like a sidewalk or lawn.
- Share your concerns with your primary doctor or a physical therapist who can help with a home exercise program for you.



### 2. Review Your Medications

Talk to your primary doctor and or pharmacist about any medication you are taking. Some medications are known to increase your risk of falling, and many cause fatigue, dizziness, or slowed reaction time. Even over-the-counter medications such as Tylenol PM and Advil PM place you at greater risk.

### 3. Get Your Eyes Checked

- Get your vision checked yearly or with any change in your vision.
- Bifocals or trifocals can alter your depth perception and make it easier to lose your balance.

### 4. Make Your Home Environment Safer

About half of all falls happen at home. Below are some things you can do to eliminate the risk of experiencing a fall in your home.

- Remove throw rugs, cords, furniture, and other tripping hazards from walkways.
- Keep indoor and outdoor pathways well lit.
- Repair loose handrails and torn carpet.
- Store items on waist-level shelves and avoid using step stools.
- Install grab bars where needed.
- Place non-slip material on the shower floor.
- Wear shoes while walking inside and outside for better stability and traction.
- Use a cane when walking in unfamiliar areas.
- Take your time around small pets as they move quickly and can be a tripping hazard.



### 5. Limit Alcohol Consumption

The combination of alcohol and medications can create a false confidence in strength and balance. To reduce your chance of falling, alcoholic beverages should be avoided. Discuss limiting alcoholic beverages with your primary doctor. A single drink is measured as:

12 oz  
regular  
beer



8-9 oz  
malt  
liquor



5 oz  
wine



1.5 oz  
80-proof  
spirits



### 6. Recognize and Track

When did you fall, lose your balance, or nearly fall? Use the chart on the back to record your experiences in order to identify patterns that may exist. Identifying these patterns can help you and your doctor understand what caused the experience and how you can stop it from happening again.