

Take a Stand to Prevent Falls



What can you do to prevent a fall?

Older adults can take steps to make falls less likely:



Get some exercise: Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increases strength and improves balance, making falls less likely for aging adults.



Be mindful of medications: Some medicines—or combinations of medicines— can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects.



Keep your vision sharp: Poor vision makes it harder to get around safely. To help make sure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.



Remove hazards at home: About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter and poor lighting that should be removed or changed.



Sign up for *A Matter of Balance*: This nationally-recognized program reduces the fear of falling and increases activity levels. Classes are held once a week for 8 weeks at convenient community locations.

Find a local *A Matter of Balance* class and additional resources at your local:








採取行動 ● 預防跌倒



要預防跌倒, 你可以做些什麼?

長者可以採取以下措施以減少跌倒：

-  **多做運動**：缺乏運動會令腿部變弱而增加跌倒的機會。太極之類的運動項目可加強肌肉力量和改善平衡，使長者減少跌倒。
-  **留意藥物**：有些藥物或藥物的組合可產生例如頭暈或嗜睡的副作用，增加跌倒的機會。請一位醫生或藥劑師幫你檢查所有藥物，以減少因藥物副作用所引起跌倒的機會。
-  **保持視力清晰**：視力不佳令人更難安全地到處走。為確保你可看清楚，你每年要接受眼睛檢查，並配戴正確處方度數的眼鏡或隱形眼鏡。
-  **清除家居危機**：約有一半的跌倒是在家裡發生的。一份家居安全檢查清單有助確定跌倒危機，例如雜物堆積和照明不足，都應該清除或改善。
-  **參加平衡計劃**：這個全國認可的計劃可減少對跌倒的害怕並增加日常活動量。課程於交通便利的社區位置舉行，每星期一次，連續8週。

找出你本區的平衡計劃課程及其他資料：

