



FALL PREVENTION

“Empowering You to Stand Strong!”

HOME SAFETY ASSESSMENT

25-point safe and healthy checklist to determine the home modification and repair needs.

Installation of grab bars, handrails, high-rise toilet seat, tub transfer bench, nightlights.

Home Owner

Renter

Contact ADRC or Rebuilding Together Fox Valley

Review 25-point Safe and Healthy Checklist; contact landlord.

INCREASE STRENGTH & BALANCE

Increasing strength and balance can lower the risk of falling. Falling is a leading cause of death.

Contact ADRC or Senior Center for information on community classes.

Ask physician for home exercises

Work out with a personal trainer

PHYSICIAN COMMUNICATION

Discuss the below items with your physician.

- Medication assessment
- Vision changes
- Foot pain or numbness
- Dizziness/unsteady
- Assistive devices
- Sleep changes
- Bone health

SAFETY IN PUBLIC PLACES

Take your walker, cane, whistle, cellphone.

Check for valet parking

Plan extra time for no rushing; have a companion take you to the entrance.

Use a backpack rather than a purse for stability; use a cart in the store

IT'S OK TO ASK FOR HELP...PLEASE ASK!

The Center - FDL's Place for Active Older Adults: 920 322-3630
 Ripon Senior Activity Center: 920 471-1636
 Waupun Senior Center: 920 324-7930

Aging & Disability Resource Center, FDL: 920 929-3466
 Rebuilding Together Fox Valley: 920 730-2156
www.StandingStrongAgainstFalls.com