



Older Adults Stay Steady, Stay Strong

Stay steady at home.

- Move items away from stairs and walkways.
- Get rid of small throw rugs or use double-sided tape to keep them from moving.
- Keep items in your cabinets within reach without using a step stool.
- Use grab bars near to your toilet and in the tub or shower.
- Put non-slip bath mats in tub and shower.
- Keep your home well lit.
- Always use handrails on stairs.
- Wear well-fitting, rubber-soled shoes indoors and outdoors.

**Stay strong.
Stay balanced.
Stay independent.**

Looking for a fall prevention program near you?

Email injury@health.ny.gov

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**Department
of Health**



**Get active to lower the risk
of serious injury from falls.**





Get regular checkups.

- Schedule your annual physical. Be sure to also get your eyes and feet checked at least once a year.

Talk to your provider.

- Discuss proper footwear, and ask about seeing a foot specialist, if needed.
- Ask about fall prevention activities or physical therapy.
- Review your medications. Some prescription and over-the-counter medicines can make you sleepy or dizzy.



Consider a fall prevention or exercise program.

New York supports free evidence-based classes in most communities. However, any activity that you enjoy, like walking, yoga, swimming, or dancing are great options.



New York State supported fall prevention classes:

Tai Chi for Arthritis

Tai Chi is an excellent place for a to start on a wellness journey. This program focuses on movements that improve your strength, flexibility, and overall fitness level. Classes can help reduce pain and increase the fitness of your heart, lungs, and muscles.

Stepping On

Stepping On is a seven week program designed for people who are living at home and have experienced a fall or are concerned about falling. Take part in simple and fun balance and strength training and learn ways to avoid falls.

A Matter of Balance

A Matter of Balance is a course to help reduce your fear of falling and to increase activity levels. This course meets eight times for two-hour sessions and is led by a trained facilitator.

Throughout the course you will learn to view falls as controllable, set goals to increase activity, make changes at home to reduce fall risks, and to exercise to increase strength and balance.