

# 7 Fall Prevention Strategies

Each year, millions of older people fall. In fact, the [Centers for Disease Control and Prevention](#) found that one out of four older people falls each year. Although many falls do not lead to injuries or serious issues, those that do make it difficult for a person to get around. And falling once doubles your chances of falling again. Keep reading to learn ways you're able to help prevent future falls and the unfortunate outcomes they bring.

## Fall Prevention Tips for Seniors

1. Talk to Your Doctor - The first step of fall prevention should be starting a conversation with your doctor. They are able to consider any medication side effects that could increase your risk of falling and may have specific fall prevention strategies that will best fit your needs. They are also able to examine and evaluate your muscle strength, balance and gait.
2. Incorporate Balance Exercises - Physical activity and fitness routines can go a long way in fall prevention. Gentle exercises such as walking and yoga help reduce the risk of falls by improving balance, coordination and strength.
3. Remove Hazards - One of the easiest things you can do is clean the clutter and keep a neat and tidy home to avoid tripping hazards. Examine every room and make sure there is no loose carpet or slippery rugs. Consider repairing floorboards that stick up and even adding non-slip surfaces.
4. Light Your Living Space - The brighter your living space is, the more likely you'll be able to see everything around you. Install brighter lights throughout your home, especially in narrow hallways and stairwells, and add night-lights to walking paths.
5. Wear Sensible Shoes - Slippery shoes, high heels and floppy slippers can easily make you stumble. It's best to invest in well-fitting shoes with a non-slip sole.
6. Use Assistive Devices - To help keep you steady, consider using a cane or walker to help you get around. Installing handrails and grab bars around your home also helps in preventing falls by giving you something stable to hold on to.
7. Move Carefully - Sometimes, taking a moment to pause between movements can help you prevent a fall. Slow down and take your time when getting from

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point A to B.

## Lead a Healthy Lifestyle at Winchester Gardens

At Winchester Gardens, we offer our award-winning whole-person wellness program, [LivWell](#). Through the LivWell program, we work with you to personalize a wellness plan by incorporating activities that help you reach your personal goals. For example, if you'd like to do something to prevent future falls, we may encourage you to participate in activities like Yoga for Balance and our signature Stand Tall Don't Fall program.

[Contact us](#) today to learn more and schedule your personal tour of the community.