**How are YOU going to prevent a fall?**

Check off the strategies that you are going to use to prevent a fall!

**TIP:** Leave this checklist where you will see it often, to ensure that you are meeting your goals!

In your Home

* Clear paths to the exit and washroom
* Check the lighting in your home
* Add grab bars in the bathroom
* Remove any objects that could be a tripping hazard

Nutrition

* Review Canada’s Food Guide and follow the guidelines
* Add calcium and vitamin D to your diet
* Drink at least 6 glasses of water each day
* Plan your meals each week or month

Medication Use

* Learn all about your medication
  + How/when to take them
  + Side effects
  + Interactions with other medications
  + What to do if you miss a dose
  + Where to store your medication
* Discuss your medications with a pharmacist or your doctor

Footwear

* Wear proper walking shoes
* Replace old slippers or shoes

Medical Check-Ups

Book an appointment to see your:

* Doctor
* Optometrist
* Pharmacist

Bone Health

* Take calcium and vitamin D
* Exercise AT LEAST 3 times per week (weight bearing exercise)
* Purchase and wear hip protectors

Muscle Health

* Exercise regularly (strength training)
* Eat protein every day
* Do “Exercises at the Kitchen Sink”

Sleeping Habits

* Have a regular and consistent sleep schedule of bedtimes and wakeup times
* Create a nice, relaxing sleeping area
* Avoid heavy meals, large amounts of liquid, cigarettes, alcohol and caffeine 3 or 4 hours before bedtime

Assistive Devices

* See an occupational therapist or your doctor about how to use your cane or walker properly