



Help Your Loved One Prevent Falls

Speak Up

Have an open conversation with your loved one and their doctor about fall risks and prevention.

- If your loved one has fallen, is worried about falling or seems unsteady, discuss these concerns with their doctor.
- Keep an up-to-date list of your loved one's medications including all prescriptions, vitamins and over-the-counter medications. Show this list to their doctors and pharmacists. Discuss any side effects, like dizziness or feeling sleepy.
- Ask their doctor about taking a Vitamin D supplement to help improve bone, muscle and nerve health.

Keep Moving

Improving balance and strength can help prevent falls.

- Exercise and movement can help your loved one feel better and more confident.
- Bryan offers free fall prevention classes & screenings. To learn more, go to bryanhealth.org/balance

Have Eyes & Feet Checked

Clear vision and being able to walk comfortably can prevent falls.

- Have eyes checked at least once a year.
- Replace eyeglasses as needed.
- Have feet checked by doctor at least once a year.
- Wear proper footwear. See a foot specialist if needed.

Make the Home Safe

Most falls happen at home.

- Keep floors and environment clutter free.
- Remove any rugs to ensure your loved one does not slip or trip.
- Install grab bars next to and inside the tub, shower and next to the toilet.
- Install handrails and lights on all staircases.
- Ensure there is adequate lighting throughout the home.

Bryan Trauma Program

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