

# Fall Prevention Checklist

Prevent falls - the leading cause of injury-related hospitalizations and deaths who are 65 and older.

1

## Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

## Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

## Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

## Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

## Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

## Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



Call 800.642.5119 to arrange for a free fall risk assessment.

These are the evidence-based fall prevention programs supported by the NEK Council on Aging throughout the Northeast Kingdom:

## **Arthritis Foundation Exercise Program**

The Arthritis Foundation Exercise Program (AFEP) is a low-impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by Certified AFEP Trainers, the enjoyable and motivational classes may be taken either standing or sitting in a chair. Due to the fact that the program is evidence-based, proven results are achievable in pain reduction, improved joint function, increased muscular strength, and an overall improved sense of well-being and quality of life.

## **Arthritis Foundation Aquatic Program**

The Arthritis Foundation Aquatic Program (AFAP) is a community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. You do not need to know how to swim to participate.

## **Bone Builders**

The RSVP Bone Builders Osteoporosis Prevention and Reversal Program is an effective combination of weight bearing, balance and stretching exercises, and support for all stages of osteoporosis. Participants focus on an effective combination of weight-bearing, balance and stretching exercises, with nutritional information, and support for all stages of osteoporosis.

## **Fall Prevention Tai Chi**

Falls Prevention Tai Chi is a Sun Style form of Tai Chi. It is a variety of movements and forms that specifically work on fall prevention strategies like weight transference, mindfulness, and balance. The class is also taught with participants seated.

## **A Matter of Balance**

A Matter of Balance is a series of eight, 2-hour classes. It is an award-winning program developed at Boston University. People who develop a fear of falling often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends.

## **WALK WITH EASE**

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six-week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

If you have an interest in attending our fall prevention programs, please call Karen Budde at  
**(802) 751-0431** or email: **[kbudde@nekouncil.org](mailto:kbudde@nekouncil.org)**.