

CALL DON'T FALL



PREVENTING FALLS

WHY IS PREVENTING A FALL IMPORTANT?

Anyone at any age can fall at any time. The complications associated with falling increase with age and can affect your quality of life. Preventing a fall is a part of maintaining an active, independent and healthy life.

Your safety and/or that of your loved one is important to us.

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Honoring
All Who Served



WISCONSIN *Veterans* HOME
@ KING

WHY DO PEOPLE FALL?

People fall for a variety of reasons, including illnesses and physical conditions that affect balance and environment. Some of the illnesses and physical conditions which affect your balance are:

- Pain medications
- Medications which cause frequent urination
- Recent surgery
- Poor vision and/or hearing
- Poor mobility due to pain, swelling or arthritis
- Muscle weakness
- Dizziness
- Low blood pressure
- Low blood sugar
- Seizures
- Confusion due to dehydration or poor nutrition
- Drug reactions

WHAT CAN YOU DO TO PREVENT FALLS?

- Request assistance in unfamiliar surroundings
- Avoid areas where the floor is wet/slippery
- Use the tunnel system in the winter months
- Ensure adequate lighting
- Exercise regularly
- Use assistive devices such as walker, cane, wheelchair
- Get up slowly from a sitting or lying position
- Wear appropriate footwear

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