

# Resources

## How to fall and get up safely

Learn to fall with minimal impact on your body and to get up safely



## How to walk with a walker

Learn how to walk with a walker safely and effectively

## How to walk with a cane

Learn how to walk with a cane safely and effectively



## Health benefits of Tai Chi

Learn how to get started on your Tai Chi journey

## High Risk Medications

- ✓ Pain medications
- ✓ Anti-depressants
- ✓ Allergy medications
- ✓ Blood pressure medications
- ✓ Sleeping medications

**Polypharmacy**, or the use of multiple medications, can increase your risk of falls!

## Tips for Success



Review medication lists regularly with your clinician



Identify unnecessary medications with your clinician



Involve family, caregivers, and clinicians with management



Maintain an updated and organized list of medications



*“Grounding our communities to stand up to falls”*




# Fall Prevention




## Falls are NOT a normal part of aging!

Falls are the #1 cause of unintentional injuries, hospital admissions, and death in the elderly

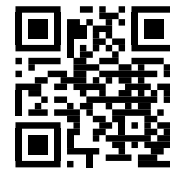
### IMPACT OF FALLS

 1 in 4 adults over 65 years old fall each year

 About 50% of falls result in injury

 1 million fall-related hospitalizations happen annually

[Assess your fall risk](#) [National Council on Aging](#)



## Tai Chi for Fall Prevention

Tai Chi: Ancient Chinese martial art characterized by slow, intentional movements with a focus on balance

Practicing Tai Chi: Promotes better balance and mobility, even for those with chronic health conditions

Benefits of Tai Chi: Decreases fall risk and reduces the fear of falling in older adults



## Protect Yourself



### ANNUAL EYE EXAM

Monitor and screen for cataracts, glaucoma, and changes to your vision



### ANNUAL HEARING EXAM

Screen for hearing loss with an online hearing exam and get hearing aids if needed



### STAY ACTIVE

Stretch daily and exercise sitting down or standing



### PROPER NUTRITION

Proper nutrition supports cognitive care, muscle maintenance, bone health, immune support, and disease prevention