

Getting Around

Move with ease and confidence with these tips:

- Take your time and focus on what you are doing.
- Always hold handrails on stairs and escalators.
- Wear supportive, non-slip footwear inside and outside.
- Add ice grips to your footwear in the winter.
- Talk to your health care provider about using a cane, walker, or other mobility aids.

Your Lifestyle

Make lifestyle choices that will help you look, feel, and move better.

- Keep active to improve your strength and balance. Try to do 30 minutes or more at least 5 days a week.
- Stay hydrated. Drink 6 to 8 glasses of water or other fluid each day.
- Eat 3 or more regular, balanced meals each day.
- Limit alcohol as it can add to your chances of falling.

If YOU FALL...

- See a Health Care Provider as soon as possible if you fall and feel dizzy, drowsy, or have aches and pains.
- Your health care provider will explore the reasons why you may have fallen and help to prevent it from happening again.
- Know how to get up from a fall, and practice. Call for help if you are injured or cannot get up. Consider an alert system or carry a phone with you.

For more information, please contact your local hospital or health centre.

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NORTHWEST TERRITORIES
**Health and Social
Services Authority**

Stay Independent



How to Prevent falls

Every Year, 1 out of 3 seniors will fall.

There are things you can do to help prevent falling.



Preventing falls allows you to live an active and independent lifestyle Including:

- Keeping up with friends and playing with grandchildren
- Having a shower or getting in and out of a car
- Preparing a meal, shopping, or light cleaning
- Travelling



Your Surroundings

Pay attention to what is in your path. Everyday objects inside and outside your home can cause a fall.

- Use bright lights and night-lights inside your home.
- Use motion sensor lights outside.
- Clear away things you could trip over like rugs, cords, or toys.
- Use non-slip mats and grab bars in the bathroom.
- Watch out for ice, uneven surfaces, cracks in the sidewalk, and outdoor items like the garden hose.

Your Health

Take charge of your health.

- Get regular check-ups from your health care provider.
- Visit your eye doctor every year for a complete eye exam.
- Review all your medications with your health care provider or pharmacist. Include all prescription and over-the-counter medications, vitamins, and herbal supplements or traditional