

# Maintaining Balance!

**Falls can occur anywhere, at anytime, and are caused by a number of factors. Following a few simple suggestions can help you maintain your balance.**

- ◆ **Stay Active**—Engage in moderate exercise to improve strength, flexibility and balance
- ◆ **Stay Safe at Home**—Improve indoor/outdoor lighting in all rooms, hallways and stairways. Use non-slip rugs and install grab bars in the bathroom and hand rails for stairs
- ◆ **Clear Vision**—Have our eyes checked annually by an eye care professional
- ◆ **Managing Medication**—Medications may make you feel better, but a complication of some medications can have side effects. Talk with your doctor or pharmacist about all your medications including over-the-counter medications.
- ◆ **Assistive Devices**—Use walkers, canes, and walking sticks as needed. Check with a professional for the appropriate device for you.
- ◆ **Proper Footwear**—Wear shoes that fit properly and have good support with non-slip soles. High-heeled shoes, floppy slippers and/or slick soled shoes may cause you to fall.