Fall Prevention

Following measures can be taken to reduce the risk of falls in the house or outdoor settings and to maintain a healthy lifestyle:

- If you are taking any medications, try to be aware of their side effects. As an example, some medications may cause low blood pressure or dizziness.

- Get your eyesight checked regularly.

- There should be proper lighting in the room/house to identify uneven surfaces.

- Avoid walking on wet and slippery surfaces.

- Avoid scattered wires in the house.

- Do not get out of bed suddenly in the morning, especially in old age; sit for one minute before standing up.

- Avoid abrupt posture changes, especially in old age.

- Eat balanced diet to maintain good health.

- Try and maintain healthy routine with daily exercise.

- Walk regularly, preferably in the morning or after meals.

- Do not hesitate to ask for help, if needed.