

# Fall Prevention

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

- 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.



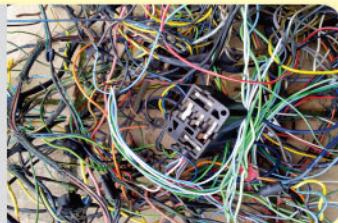
- There should be proper lighting in the room/house to identify uneven surfaces.



- 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.

