

Fall Prevention Checklist

- Talk with your Pharmacist about how your medications, even over the counter ones, can affect your risk of falling.
- Ask family or friends to check for and rid your home of fall hazards.
 - Remove loose rugs.
 - Eliminate clutter.
 - Wind up electrical cords.
 - Replace any burned out lightbulbs.
- Install nightlights throughout your home.
- Meet with an expert to make sure your walker or cane are adjusted correctly.
- Work with a Physical Therapist to develop balance and coordination, build strength and maintain flexibility.

