



Medication Management

When you are taking more than three medications, your risk of falling increases significantly. On average, most older adults take 4-5 medications and 2 over-the-counter drugs on a daily basis. To help manage your medications, do the following:

- Take your medication at the same time every day to develop a pattern.
- Store medications in a safe, secure place such as a locked box or cabinet.
- Make a list of medications, including any supplements and over-the-counter drugs you use.
- Carry your medication list in your wallet or purse.
- Review your medication list with your doctor or pharmacist regularly.

Be Careful With Medications!

Take Control With Knowledge!

Attend a falls prevention program in your area. For more information, contact the following sponsors:

PHA
Partnership
for Healthy Aging
www.healthymarathoncounty.org

Wood County Falls Prevention Coalition



Aging & Disability
Resource Center
OF CENTRAL WISCONSIN
www.adrc.co.marathon.wi.us
1-888-486-9545

1000 Lakeview Drive
Wausau, WI 54403
(715) 261-6070

220 3rd Ave. South, Suite 1
Wisconsin Rapids, WI 54495
(715) 421-0014

300 South Peach Ave. Suite 1
Marshfield, WI 54449
(715) 384-8479

Take Steps to Live Fall Free!



 **Home Safety**

 **Physical Mobility**

 **Community Safety**



Medication Management

A Falls Prevention Guide for Healthy Aging



Home Safety

There are easy ways of changing your home to make it safer for you. Follow these simple steps for home improvement:

- Install handrails on both sides of stairs.
- Provide light at the top and bottom of stairways.
- Use night lights during evening hours in the bathroom, bedroom, and hallways.
- Install grab bars in your bath and shower stalls, as well as on the sides of the toilet.
- Use a non-slip mat or safety decals in your bath or shower.
- Store commonly used items on easy-to-reach shelves.
- Put rug-liners, dual sided tape or non-skid backs on area rugs.

Make Your Home Safe!



Physical Mobility

Staying active every day improves balance, flexibility, and strength. Each of these help reduce your risk of falling and make daily life activities easier. When your muscles are strong and flexible, and your reaction time is quick, you can avoid falls.

STRENGTH

- Work out with weights.
- Get aerobically active by walking or swimming.

FLEXIBILITY

- Practice stretching.
- Join a group exercise class such as tai chi or yoga.

BALANCE

- Practice balancing exercises.
- Get your vision checked at least every 2 years.
- See a Physical Therapist if you have problems with balance or are concerned about falls.

Stay Active!



Community Safety

Areas in your community, including retail and grocery stores, can become a risk for falls in a number of ways. Uneven sidewalks, pavement, and footpaths and slippery and wet surfaces are also a concern both outdoors and indoors. Here are some ways you can stay safe:

- Plan activities ahead of time so you are not in a rush getting to places.
- Look ahead when walking outside.
- Walk in well-lit areas.
- Wear safe, supportive shoes.
- Wear reflective clothing when appropriate.
- Use a cane or walker when you need to increase your stability.
- Create a system to check in with a neighbor or family member in case something happens to you while you are out-and-about.

Make Your Community Safe!