

There's no better time than  
**NOW** to "Stand Your Ground".

Plant your feet on the floor, stand up for yourself and begin to make changes that decrease your chances of falling. Get the knowledge you need to take action! There are many ways you can help yourself.

- Make changes in your environment.
- Consider using a cane or walker that is in proper working order.
- Ask your health care provider about simple exercises that will increase balance and strength.
- With help from your physician, see if you need to make changes in medications, vision or nutrition.

Falls can be prevented! Decrease your chance of falling and reduce hospital readmissions for complications resulting from a falls injury.

This brochure contains suggestions and resources that can assist you as you "stand your ground".

## Community Partners

For additional information, contact any of the community partners. Speakers or formal presentations are available to your group or organization at no charge.

Schedule yours today!



### GENERATIONS

Area Agency on Aging  
935 E. 53rd Street, Davenport, Iowa 52807  
563-324-9085 or toll free 800-892-9085

**BraatenHealth** trueBalance

4364 7<sup>th</sup> Street, Moline, IL 61265  
Toll free 866-235-6763



2535 Maplecrest Road, Suite 27  
Bettendorf, IA 52722 563-421-HOME (4663)



600 West 4th Street  
Davenport, IA 52801 563-326-8618



IOWA HEALTH SYSTEM  
106 19th Avenue, Suite 101  
Moline, IL 61265 309-779-7600

STAND  
your ground



Be active in preventing falls.

*"Fall injuries are very dangerous  
but preventable."*

Senator David Hartsuch, MD  
Board Certified Emergency Room Physician

# Why do you need to know about falls prevention?

## Your independence depends on it!

- One in three people over the age of 65 will fall in a year.
- Two-thirds of those who experience a fall will fall again within six months.
- At least one-third of all falls involve environmental hazards in the home.

Falls can happen to anyone. The likelihood of falling and the extent of injuries increases with age, especially for those over 80 years old.

Falls can result in loss of independence and the ability or confidence to do the things people enjoy. Falls can also cause major injury, and even death.

The good news is that even though falls are a foreseeable part of aging, MUCH can be done to prevent them and minimize the damage done.

## BE ACTIVE IN YOUR HEALTH

### Ask your doctor to review your medications on a regular basis.

- A doctor or pharmacist should examine all medicines (including nonprescription medications) to make sure they do not contribute to drowsiness or light-headedness.

### Have your eyes examined every year.

- Using the wrong prescription or having eye diseases such as glaucoma or cataracts limits vision, causes problems with glare, and can dramatically affect balance.

### Eat a healthy diet.

- A healthy, well-balanced diet can help you maintain good health in general, especially bone health. Strong bones and general good health can help minimize your risk of having a fall.

### Be active everyday.

- Maintain your strength, balance and flexibility with simple daily physical activity. Being active is very safe for most people as long as they are careful. Start slowly and build up. Listen to your body. Check with your doctor before starting an exercise program.

## BE ACTIVE IN YOUR SAFETY

- Wear shoes with a firm sole & interior.
- Get your walker or cane professionally adjusted to match your size and shape.
- Upon rising, sit on the bedside for ten seconds before standing.
- Use nightlights, especially in the hallway and bathroom.
- Avoid using throw rugs or make sure they have non-slip backings.
- Make sure chairs and couches are easy to get in and out of.
- Install grab bars in the bathroom.
- Reduce clutter. Keep walkways clear.
- Be careful around pets to avoid tripping over them.
- Keep favorite items within easy reach to avoid reaching or bending.
- Use portable phones.
- Consider a Personal Emergency Response System (Lifeline), which is an electronic device designed to summon help in an emergency.