



Preventing Falls

Get off on the right foot!

Did you know that falls are the most common accident involving people aged 65 and older? Individuals who are weakened by an illness, a surgical procedure or loss of independence are also very vulnerable to falls. As well, one third of individuals aged 50 and older will sustain at least one fracture caused by bone fragility. How can you reduce the risks of falls?

Who is prone to falls? Possibly you! If...

- You are older than 65.
- You are not very active physically.
- Your diet is not well balanced.
- You smoke or misuse alcohol.
- You are suffering from a chronic illness (diabetes, chronic obstructive pulmonary disease, rheumatoid arthritis, high blood pressure, etc.).
- You are taking a drug that increases the risk of falling (talk to your doctor or pharmacist).
- You have poor vision or deafness.
- Your home presents certain safety risks.

Who is at risk of a fracture when they fall? It could be you! If...

- You have already sustained a fracture or you have osteoporosis.
- You have a family member who has sustained a hip fracture.
- You are a woman older than 50.
- Your calcium and vitamin D intake is insufficient.
- You have lost a lot of weight unintentionally over the past year.
- You are not very physically active.

Keep this in mind!

**Have you fallen more than twice this year?
Do you limit your activities because you are afraid of falling?
Talk to your doctor or someone at your CLSC about this.**





What can you do to stay on your feet?

■ Adopt a healthy lifestyle:

- Get moving every day to maintain your strength and mobility.
- Do at least 150 minutes of physical activity that makes your heart work every week (walking, swimming, aquafit, riding your bike, etc.) You can split the time into several sessions of 10 minutes each.
- Include strengthening exercises at least twice a week (e.g. carrying grocery bags, lifting weights, climbing stairs).
- To maintain or improve your balance, do activities such as tai chi, dance, bowling or brisk walking.
- Make sure your diet is balanced.
- Avoid overusing salt and misusing alcohol and tobacco.
- Ask your doctor, pharmacist or nutritionist whether you should take calcium and vitamin D supplements.
- Have your medication reviewed by your doctor or pharmacist.
- Have your vision checked regularly (at least once a year).
- Wear your glasses and your hearing aid, if needed.
- Take care of your feet and wear shoes with non-slip soles that support your feet properly.

■ Assess your home for safety risks:

- Keep a night light on at night.
- Avoid cluttered rooms and don't leave anything on the floor; remove small carpets or have them removed.
- Avoid leaving cords (telephone, TV) where they could cause you to trip.
- Use a non-slip bath mat in the bath tub.
- Have grab bars installed in the bathroom (where you get into the tub).
- Always hold the handrail on your staircase when going up and down stairs.
- Remember to clear the snow and ice from your entrance.

Resources that can help

- Programme P. I. E. D. (Brossard, Saint-Lambert and Longueuil): 450-462-5168
- Walking clubs and other physical activity resources (Brossard, Saint-Lambert and Longueuil): 450-462-5127
- Aînés en mouvement: 450-465-2609 or www.ainesenmouvement.com
- Your municipality's website (physical activity programming)
- FADOQ: www.fadoq.ca/en/ or 1-800-828-3344

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