



# Lifeline

## How to Avoid a Fall

Falls are common but there are many ways to minimize your risk.

# Tips to avoid falls

Falls are the leading cause of injury and hospitalization among older adults.\*  
When you say “YES” to these questions, falls become less likely.

## *Do I exercise regularly?*

☐ Yes ☐ No

Physical activity increases your muscle strength and balance. Your healthcare provider can provide an exercise program that’s right for you.

## *Do I follow a sensible, balanced diet?*

☐ Yes ☐ No

Good nutrition results in higher energy and stronger bones. Talk to your healthcare provider about your diet and any necessary supplements.

## *Have I done a home safety inspection?*

☐ Yes ☐ No

Eliminate obvious hazards (such as poor lighting, throw rugs and clutter). Add safety modifications (such as grab bars, nonslip mats and night lights).

## *Do I take extra care?*

☐ Yes ☐ No

Take your time and think ahead, especially in new or unfamiliar places. When you rise from your chair, stand for a few seconds before walking.

## *Do I wear the right shoes?*

☐ Yes ☐ No

Select sturdy, low-heeled shoes with rubber soles for traction. Make sure they fit properly.

## *Has my healthcare provider reviewed my medications?*

☐ Yes ☐ No

Be sure to report all your medications, both prescription and over the counter, so that your healthcare provider can assess the benefits and risks of each drug.

## *Have I discussed my fears with my healthcare provider?*

☐ Yes ☐ No

Tell your doctor if you’ve experienced a fall, or if you’re having dizziness, balance problems or impaired vision. Services may be recommended to help you walk more safely and to get up correctly if you do fall.

## *Do I have a medical alert service?*

☐ Yes ☐ No

Knowing that prompt help is available can give you the confidence to be as active as possible. Staying active is important to avoid falls.

Lifeline provides peace of mind because help is available at the push of a button. And **Lifeline with Fall Detection** can even detect your fall automatically.

# Use this checklist to minimize fall risk

## Outside your home

- ✓ Paint the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest.
- ✓ Paint outside stairs with a mixture of sand and paint for better traction. Keep outdoor walkways clear and well-lit.
- ✓ Clear snow and ice from entrances and sidewalks.

## Inside your home

- ✓ Remove all extraneous clutter.
- ✓ Tack rugs and glue vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip, or attach nonslip backing.
- ✓ Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.

## Keep a well-lit home

- ✓ Have a lamp or light switch that you can easily reach without getting out of bed.
- ✓ Use night lights in the bedroom, bathroom and hallways.
- ✓ Have light switches at both ends of stairs and halls.

## Bathroom tips

- ✓ Add grab bars in shower, tub and toilet areas.
- ✓ Use nonslip adhesive strips or a mat in shower or tub.
- ✓ Consider sitting on a bench or stool in the shower and using an elevated toilet seat.

## Use care walking

- ✓ Use helping devices, such as canes, as directed by your healthcare provider.
- ✓ Wear nonslip, low-heeled shoes or slippers. Avoid walking around on stocking feet.

## And don't forget...

- ✓ Review medications with your doctor or pharmacist. Some drugs can make you drowsy, dizzy and unsteady.
- ✓ Have your hearing and eyesight tested. Inner ear problems can affect balance. Vision problems make it difficult to see potential hazards.
- ✓ Exercise regularly to improve muscle flexibility, strength, and balance.
- ✓ If you feel dizzy or lightheaded, sit down or stay seated until your head clears.

**With Lifeline, you can continue living independently longer knowing that you're covered by the #1 medical alert service in Canada today.**

Claim based on the number of subscribers.

# How to get up from a fall

## 1. Prepare



Do NOT get up quickly. If hurt, call for help using Lifeline or a telephone.

## 2. Rise



Push your upper body up. Lift your head and pause for a few moments to steady yourself.

## 3. Sit



Keep the other leg bent with your knee on the floor.

## Lifeline can get you the help you need

If you have a fall or emergency, Lifeline can quickly get you the help you need, potentially preventing further injury or complications.



Find something sturdy such as a piece of furniture. Don't try to stand up on your own.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Rise slowly and turn your body to sit in the chair.



Roll onto your side, turning your head, shoulders, hips, then leg.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.



Sit for a few minutes before you try to do anything else.

# 3 IMPORTANT QUESTIONS to ask yourself

1. How can I reduce my fall risk?
2. If I fell tonight, could I get up by myself?
3. If I couldn't get up, how would I get help?

If you fall, Lifeline can get help quickly, reducing injury and complications that can happen if you're unable to get up.

**Lifeline with Fall Detection** provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button.\*\*

[www.lifeline.ca](http://www.lifeline.ca)

# Lifeline



\*\* Equipment may not detect all falls. If able, users should always push their button when they need help.

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