

## Tips for Older Adults with Brain Injuries to Prevent Falls

Older adults with an acquired brain injury may be at risk for falls as they age due to balance, mobility, and cognitive impairments.<sup>1</sup> Here are some tips to avoid falls.

### 1 Home modifications

Make changes in the home to help prevent falls including improved lighting, removing rugs, clutter, and other tripping hazards. Install non-slip mats and grab bars near toilets and in tubs or showers.



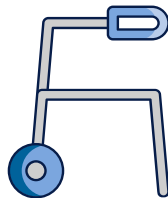
### 2 Get your vision checked regularly

Poor vision can increase the risk of falling. Getting your eyes checked at least once a year (and updating glasses if necessary) can prevent falls.



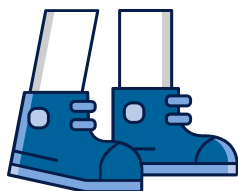
### 3 Use personal safety devices

Use a walker or other assistive device if you have mobility problems, muscle weakness, or poor balance. These can prevent falls or further injury.



### 4 Wear shoes

Wear shoes inside and outside the house. Proper footwear enhances comfort, stability, and mobility while reducing the risk of falls. Socks and slippers can be hazardous on stairs.



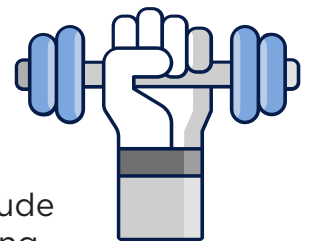
### 5 Review your medications

Review your medications regularly with your doctor or pharmacist, including over-the-counter medicines, vitamins, and herbal supplements. Some medications can make you dizzy or sleepy, which can increase the risk of falling.



### 6 Exercise to improve balance

Regular physical activity (several times a week) can strengthen muscles and improve balance which can help reduce falls. Exercises could include walking, yoga, tai chi, using exercise bands etc.



### 7 Use technology

Aging adults with traumatic brain injury should consider wearing a Lifeline Medical Alert device that can place a call for help, any time, anywhere.



Contact Lifeline today to learn more:

**1-800-LIFELINE**  
**1-800-543-3546**  
[www.lifeline.ca](http://www.lifeline.ca)