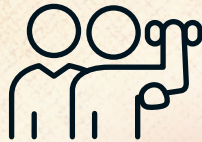


6 STEPS TO PREVENT A FALL

Falls are the **leading cause** of **injury** deaths for **American Indian** adults ages 55 and over.¹

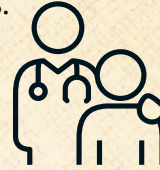
FIND A GOOD BALANCE AND EXERCISE PROGRAM

Exercises that focus on balance and strength training can reduce the risk of falling.



TALK TO YOUR HEALTH CARE PROVIDER

Ask for an assessment of your risk of falling. Share your history of recent falls.



REGULARLY REVIEW YOUR MEDICATIONS WITH YOUR DOCTOR OR PHARMACIST

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

PROTECT OUR ELDERERS

KEEP YOUR HOME SAFE

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



TALK TO YOUR FAMILY MEMBERS

Get their support in taking simple steps to stay safe. Falls are not just an elders' issue.



GET YOUR VISION AND HEARING CHECKED ANNUALLY

Your eyes and ears are key to keeping you on your feet.



FALLS ARE PREVENTABLE AND DO NOT HAVE TO BE A PART OF AGING



PHOENIX AREA INDIAN HEALTH SERVICE INJURY PREVENTION PROGRAM

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¹ CDC WISQARS 2018

INTER TRIBAL COUNCIL OF ARIZONA, INC., AREA AGENCY ON AGING, REGION 8

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