

Preventing Falls

in Waukesha County

Tips on Preventing Falls



Remove home hazards

Remove floor clutter, remove throw rugs, clean spills in a timely manner, repair any steps or uneven walkways



Ensure good lighting

Install nightlights in bedroom, hallways, and bathrooms



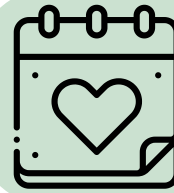
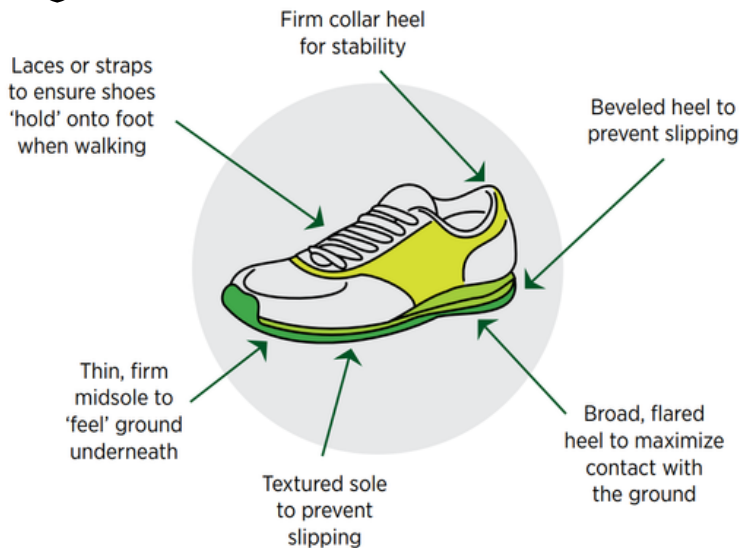
Pet safety

Be aware of where your pets are at all times, pick up toys and messes. Put a bell or light on their collar



Wear safe footwear

Footwear should be safe



Eras
SENIOR NETWORK

FIND FALLS PREVENTION PROGRAMS HERE:
ERAS.ORG/COMMUNITY



Review your medications

Medications can cause side effects like dizziness, which can cause unsteadiness. Talk to your doctor or pharmacist about taking the correct medications and if any need to be stopped.



Use home modifications and assistive devices

Don't be ashamed! Assistive devices help you be more stable. Think: grab bars, walker, or cane



Talk to your doctor

Discuss balance concerns or fear of falling



Attend a Falls Prevention program

Strength training, education program/class, and specific dance classes are available and increase strength and coordination



Do balance & strength exercises

Engage in regular physical activity



Get an annual hearing and vision check

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



WAUKESHA COUNTY
FALLS PREVENTION COALITION
PROMOTING STRENGTH, CONFIDENCE AND
INDEPENDENCE

Definition of a fall: an event that leads to an unplanned, unexpected contact with a supporting surface. Refers to even "falling" into a chair or wall and not to the ground.

A fall is **NOT** the result of:

- A push or shove
- A medical event such as passing out or a stroke



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Simple ways to increase your strength or balance

Check with your healthcare provider before starting exercises to ensure they are right for you and your condition

Repeat each exercise 5-10 times.



Heel-Toe Stand

- Hold your support. Place one foot straight in front of the other or slightly off-center. Try letting go to balance and hold for 10 seconds. Switch legs.



Single Leg Balance

- Hold your support. Lift one leg up and hold for 2-10 seconds then lower slowly. Switch legs.



Sideways Leg Raises

- Hold your support. Keep legs straight and raise one leg out to the side. Hold for 2 seconds then lower slowly. Switch legs.



Heel Raises

- Hold your support. Lift your heels off the floor and hold for 2 seconds. Lower slowly.



Sit-to-Stand

- Sit on a chair with your feet flat on the floor. Lean forward keeping your back straight. Press your hands into your lap and stand up straight. Lower slowly.

Where do I go?

Get connected to the many opportunities to improve your strength, balance, and more

Falls Prevention Programs Available:

- **Wisconsin Institute for Healthy Aging** provides age-related health programs, resources, and education <https://wihealthyaging.org>
 - **Diabetes Prevention Program**
 - **Healthy Living with Chronic Pain**
 - **Healthy Living with Diabetes** (y en Español, Vivir Saludable con Diabetes)
 - **Living Well with Chronic Conditions** (y en Español, Tomando Control de su Salud)
 - **SteppingOn** - falls prevention education
- **Community Calendar by Eras Senior Network** - eras.org/community
 - Free, public, online calendar serves as a landing page for any local events, groups, or classes
- **ADRC of Waukesha County** - monthly newsletter promotes various health promotion programs
- **Extension (UW-Madison)** provides health promotion programs on their website: waukesha.extension.wisc.edu
- **Falls Free Wisconsin** - State initiatives and resources on falls prevention programming: <https://fallsfreewi.org>
- **Ballroom Basics for Balance**: ballroombasicsforbalance.org