

# Fall Prevention Tips



## Turn to VPAS and reduce your risk of falling

Every 11 seconds an older adult is treated in the emergency department for a fall. Don't become a statistic!

- VPAS offers falls prevention classes and in-home assessments for new clients to keep older adults from experiencing falls. Learn more at [vpas.info](http://vpas.info).
- Keep your home safe. Increase lighting. Make sure there are two secure rails on all stairs. Install grab bars in the tub/shower and near the toilet. Replace scatter rugs with rubber backed rugs. Make sure spaces are clutter-free and clean up spills right away.
- Talk to your health care provider. Ask for an assessment of your risk of falling.
- Regularly review your prescriptions with your doctor or pharmacist.
- Get your vision and hearing checked annually and update your eyeglasses.
- Wear properly-fitting, sturdy shoes with non-skid soles.
- If you have pets, keep them in one place at night. Train them not to jump or get underfoot.

*Turn to VPAS:*

Phone: 800-868-VPAS (8727).

Website: [www.vpas.info](http://www.vpas.info)

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