

6 Steps to Prevent a Fall

Falling hurts the people you support. The six simple steps below can help lower the risks associated with falls. You can find more information about fall prevention on the DDS Health Toolkit website.



Find a Good Exercise Program

Look for exercises that build balance, strength, and flexibility.
Help the individual you support find a program that they enjoy and like.



Ask the Doctor About the Individual's Risk of Falling

Help the doctor assess the person's risk of falling.
Help the individual follow doctor's recommendations.



Review Medications with a Healthcare Provider

Make sure side effects of medications will not increase their risk of falling.
Support the individual as they ask the doctor or pharmacist.



Check Vision Once a Year

Remind the individual of the need to have their vision checked every year.
Make sure they wear the correct prescription eyeglasses.



Keep the Home Safe

Look around the home and remove anything that can cause falls. Make sure the home is well-lit. Install handrails on stairs if needed.



Talk to the Individual

Ask the individual how you can help and support them.
Create a fall prevention plan with the individual.