



FREE RESOURCE · SAFETY

Staying Steady: Fall Prevention

Simple home changes, daily habits, and ways to rebuild confidence — especially after a fall.

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About 1 in 4 adults over 65 falls each year — but falling is **not** a normal part of aging. Most falls can be prevented with a safer home, a stronger body, and a plan.

1. Make your home safer

Floors & stairs

- Remove or tape down throw rugs
- Clear cords, clutter, and shoes from walkways
- Handrails on both sides and bright lights on stairs

Bathroom & bedroom

- Grab bars by the toilet and in the shower
- Non-slip mat in the shower; consider a shower chair
- Night lights from bed to bathroom; lamp within reach

2. Keep your body strong

1 Move for strength and balance

Chair yoga, tai chi, and sit-to-stands lower fall risk. Aim for a few times a week, with a sturdy chair nearby.

2 Review medicines and check your eyes

Ask your doctor or pharmacist if any medicine causes dizziness. Get your eyes checked yearly.

3 Stand up slowly and wear good shoes

Pause at the edge of the bed before standing. Wear non-slip shoes — not slippers or socks.

3. If you've fallen before — rebuilding confidence

Fear of falling is very common after a fall. But avoiding activity weakens muscles and balance, making another fall more likely. The goal: stay safe *and* keep living fully.

Calm the fear

- Take small steps back into activities, with support nearby
- Use slow breathing (in 4, out 6) when you feel anxious
- Talk about it — with family, your doctor, or a therapist
- Wear a medical alert device, especially if you live alone

Have a plan if you fall

- Stay still, breathe, and check for pain first
- Roll onto your side, then get onto hands and knees
- Crawl to a sturdy chair and use it to slowly stand
- Hurt or can't get up? Call for help — keep a phone close

LEARN MORE

- **CDC STEADI** — "Check for Safety" checklist: cdc.gov/steadi
- **NCOA** — fall prevention: ncoa.org

KEY EVIDENCE

- Sherrington C, et al. Cochrane Rev. 2019;CD012424 (exercise reduces falls).
- Gillespie LD, et al. Cochrane Rev. 2012;CD007146 (home safety).
- Kendrick D, et al. Cochrane Rev. 2014;CD009848 (fear of falling).

Make it personal: take the free 60-second quiz or book a **free consultation** at wholelivingwithnikki.com — services are pay what you can.

Educational wellness information, not medical advice or treatment. Check with your care team before starting new activity. Stop if you feel pain, dizziness, chest pressure, or shortness of breath.