

Your Health Matters

STOP THE FALLING

Falling down happens to millions of Canadians each year and can cause injury.

You are much more likely to fall if you:

- Are over the age of 65.
- Have had a fall in the past.
- Have limited any of your daily activities because you are afraid of falling.

The good news is that falls can be prevented!

Tips:

- Work with your health care provider to learn about your specific fall risk factors and ways that you can change them.
- Stay active as you age; This will help you keep up your strength and balance and make you less likely to fall.
- If you have had a fall, tell your doctor or health care provider so they can help find out why.
- Learn ways of performing your daily activities in a safe manner so that you can continue to do the things you enjoy with confidence.



Available in multiple formats