

5 Simple Steps to Reduce Your Risk Now

1. Eat well & drink water
2. Be active and wear properly fitting shoes
3. Talk regularly with your healthcare team, including medication reviews
4. Check and correct your vision & hearing
5. Fix tripping hazards in your home

***Take Action to Prevent Falls Now
Prevention is the Best Solution***



Falls Prevention Coalition of Idaho

***Join Us Today
Learn to be falls-free in Idaho!***

Stay on your feet, stay healthy
and safe. Live life to its fullest
with confidence!

Contact ICOA to learn more
about programs and local
resources available.

Call the ICOA main office
208-334-3833

Or Visit ICOA website
www.aging.idaho.gov/falls



***Do Not Wait for
an Emergency
to Learn About
Preventing Falls***



Are You at Risk of Falling?

Many Risks can be Resolved or Minimized

- Fallen in the past year?
- Unsteady standing, walking, or stepping up/down?
- Take medications?
- Lost any feeling in your feet?
- Uncorrected vision or hearing?
- Often rush to the bathroom?

Do you...

- Have a chronic condition like arthritis, diabetes, or pain?
- Have a disability?
- Limit activity because you worry about falling?
- Feel depressed or lonely?

Each **“yes”** indicates an increased fall risk

Read on & Learn how to Prevent Falls!

Partner with Us

Reduce Falls Risk through Four Pillars of Falls Prevention

Nutritional Health - Choose healthy food, eat regularly, and stay hydrated. Talk with a dietitian.

Physical Health - Stay active and mobile. Strength & flexibility improve balance. Work with a healthcare team to manage chronic conditions, review medications, and seek assistance for continence issues.

Emotional Health - Fear of falling & worry over continence may limit social activities. Loneliness is a common result. This can cause a decrease in strength & balance. Address these concerns with professionals.

Environmental Safety - Take steps to prevent falls at home. Identify & remove hazards in the home; free assistance & resources are available for simple or complex issues.

You Can Reduce Falls

Awareness. Education. Action.

You've already taken the first step! Gain awareness, understand fall risks, and take action to minimize those risks.

- ✓ Research strategies to reduce your risks
- ✓ Access community resources such as: presentations, classes, and workshops
- ✓ Take steps to better manage chronic conditions and medications

Choose Your Adventure!
Have fun playing Bingocize® or take an exercise class to stay active & engaged in the community.

You can learn to be falls-free while enjoying life.