

Here are some tips for preventing slips and trips:

- ✓ Keep your body active, have a healthy diet, and stay hydrated.
- ✓ Improve your strength and balance with daily exercises.
- ✓ Make your home safe and clutter-free.
- ✓ Have your vision and hearing checked once a year.
- ✓ Review your medications with your doctor or pharmacist.
- ✓ Follow calcium and vitamin D recommendations for healthy bones.
- ✓ Take your time with everyday activities – do not rush.
- ✓ Seek help if you worry about falling.



Aim for 3 hours of moderate to vigorous physical activity per week. Tai Chi is great!

Richmond Falls Prevention Program



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Vancouver CoastalHealth

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Vancouver CoastalHealth

Richmond Falls Prevention Program

Working with seniors, their families, and the community to prevent falls and promote healthy aging



Did you know...

- Falls are the leading cause of injury among Canadian seniors, and are the main reason why older adults lose their independence.
- 1 in 3 adults over age 65 have experienced a fall.
- 95% of hip fractures are due to falls.
- Seniors with one fall have twice the risk for future falls.

Falls are preventable.

Risk factors may increase with age, but falls are **not** an inevitable part of aging. Learn what you can do to prevent them.



Falls usually happen due to the combined effects of factors that can be prevented.

Our Team

An Occupational Therapist, Physiotherapist and Public Health Nurse will work with you to identify **risk factors for falling** and develop an action plan for **preventing future falls**.


Our team provides education and resources to Richmond residents over age 65 who have had a fall or are at risk of falling.

These may include:

- home exercise programs
- home safety
- equipment use and safety devices
- safe use of medications
- information about healthy living to stay independent
- community resources

This is a no-cost program. Self-referrals are accepted, if eligibility criteria is met

For more information, contact the **Richmond Falls Prevention Program** at:

 604-233-3150

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Check your risk for falling:

- I have fallen in the last 6 months.
- I feel unsteady or need to hold onto furniture when walking.
- I often have to rush to the toilet.
- I am worried about falling.
- I have problems with my vision.
- I take 4 or more medications daily.
- I take medication that makes me feel dizzy, lightheaded, or drowsy.
- I have pain that interferes with my everyday activities.
- I have lost some feeling in my feet.
- I have trouble sleeping and feel tired.

More risk factors means a greater chance of falling. Talk with your doctor or a health professional to find ways to reduce your risk. To learn more about healthy living for seniors, visit **SeniorsBC.ca**.