



Why is fall prevention important?

Nelson likes living on his own and being active. However, he has been feeling dizzy lately and even had a fall. Nelson's provider shares that his dizziness may be caused by his blood pressure medication and suggested he talk to an Integrated Pharmacist. Since the Integrated Pharmacist made changes to his blood pressure medication, Nelson no longer gets dizzy when he stands up. In addition, Nelson was referred to a Physical Therapist who shared exercises to increase strength and balance and encouraged him to use his walker. Now that Nelson is stronger, he can safely continue living on his own. Preventing falls is important to avoid injury and to ensure you can keep doing the things that you enjoy.

What can you look for?

- Weakness or loss of feeling
- Joint or muscle pain when moving
- Needing more help with daily activities
- Dizziness or loss of balance
- Use of four or more prescription medications daily

Fall prevention is important to improve safety and avoid injury. By working with your health care team, you can learn the steps and changes to stay strong, improve balance and support independence.

Questions to ask yourself:

- Have you had a fall in the past month?
- Do you limit or stop activity for fear of falling?
- Are you having a harder time doing usual tasks?
- Do you get dizzy when you get out of bed or stand up?





What can you do?

- Be physically active
- Have your eyes and ears tested
- Drink enough water
- Make sure you get enough vitamin d and calcium

Where can you find support?

- **Audiology** and **Optometry** can test hearing and vision and suggest ways to correct problems.
- **Occupational Therapy** can suggest changes for a safer living space and provide activities to help you stay independent.
- **Physical Therapy** can test balance and strength and share ways to prevent falls.
- Your **Primary Care Team** and **Integrated Pharmacist** can review your medications and make changes to decrease your risk for falling.
- **Wellness Center** and **Exercise** can assist you with being active and improving your strength.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Exercise
- Optometry Clinic
- Primary Care
 - Registered Dietitian
- Wellness Center

Community Resources

- Alaska Center for the Blind and Visually Impaired (907) 248-7700
www.alaskabvi.org
- Assistive Technology of Alaska (907) 563-2599

