

# AGING WELL

# Fall Prevention

## Why is fall prevention important?

Nelson likes living on his own and being active. However, he has been feeling dizzy lately and recently 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 are some considerations for fall prevention?

- 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?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code

**Southcentral  
Foundation**



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## 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?

Contact your primary care team directly or contact

**Anchorage Native Primary Care Center ..... 907-729-3300**

**Your Primary Care Team** 

Your primary care team can review your medications and make changes to decrease your risk for falling.

**Integrated Pharmacists** 

Integrated pharmacists can review your medications and make changes to decrease your risk for falling.

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**Audiology ..... 907-729-8844**

Audiology can test hearing and suggest treatment options.

**Optometry ..... 907-729-8500**

Optometry can test vision and suggest treatment options.

**Occupational Therapy <sup>R</sup> ..... 907-729-6683**

Occupational therapy can suggest changes for a safer living space and provide activities to help you stay independent.

**Physical Therapy <sup>R</sup> ..... 907-729-6683**

Physical therapy can test balance and strength and share ways to prevent falls.

**Mt. Marathon Gym <sup>R</sup> ..... 907-729-6683**

Mt. Marathon gym can provide resources to support your health and wellness.

**Exercise Physiologist <sup>R</sup> ..... 907-729-6683**

Exercise physiologists can provide support for being physically active and help build strength to prevent falls.

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### Key

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit