

# Fall Prevention Checklist for Seniors

## ♂ **Maintain Strength and Reflexes**

- Do resistance training 2–3x per week
- Practice 8–10 second explosive movements
- Incorporate balance/agility drills
- Engage in daily light movement

## **Support Brain and Metabolic Health**

- Exercise to improve insulin sensitivity
- Reduce visceral fat to lower disease risk
- Strengthen legs for vascular/kidney health

## **Make Your Home Fall-Proof**

- Remove clutter and loose rugs
- Install grab bars and non-slip mats
- Improve lighting throughout the home
- Use non-skid footwear indoors

## **Stay on Top of Medical Needs**

- Get eye and hearing exams regularly
- Manage blood pressure (avoid dizziness)
- Review meds for fall-related side effects
- Stay updated on vaccinations

## **Use Assistive Devices Without Shame**

- Use canes or walkers when needed
- Ensure mobility aids fit and function well
- Practice indoors before outdoor use

## **Remember the Bigger Picture**

- Stay strong to remain independent
- A fall can lead to permanent loss of mobility
- Preventing falls protects your health and family life