

# Senior Fall Prevention Guide 2020-2021



**Notice:** The information in this guide is not meant to treat, diagnose, or offer medical advice. Please consult your primary care doctor before engaging in any lifestyle changes.

As we age, physical changes and health conditions, and even the medications we use to treat those conditions each make falls more likely. In fact, falls are a leading cause of injury among senior adults. Even still, the fear of accidental falls shouldn't affect our lives.

Read the simple fall-prevention strategies below to put your mind at ease.

## Consult a Physician

*Before reading further, it's important to consult your primary care doctor and get their professional opinion on what's best for you.*

[How to Prevent Falls: 4 Proven Approaches](#)

[Fall Prevention Questions for Seniors](#)

[Preventing falls - what to ask your doctor](#)

## Remove Home Fall Hazards

*By removing as many fall hazards as possible at home, we minimize our risk of accidental falls.*

[Home Design for Fall Prevention for Seniors](#)

[Check for Safety: A Home Fall Prevention Checklist \(PDF\)](#)

[18 Steps to Fall Proofing Your Home](#)

## Stay Physically Active

*Low impact exercises such as walking, swimming, and biking are great ways to keep our bodies healthy into their advanced years.*

[Exercises for Seniors: The Complete Guide](#)

[Exercise after age 70 - Harvard Health](#)

[The 7 Worst Exercises for Older Adults](#)

[14 Exercises for Seniors to Improve Strength and Balance](#)