

Stand tall ... Don't fall



Get out of that chair and get moving! Age doesn't matter, it's never too early or too late to start moving your body. Our Eskaton fall prevention team members, ages 67 to 95, don't let anything hold them back from exercising. Make sure to check out their how to video at eskaton.org/standtall.

A recent study¹ concludes that exercise can reduce the odds of falling and fall-related injuries. Any exercise that improves endurance, muscle strength and flexibility can help. Benefits include:

- **Faster reaction time** to quickly grab something stable if you start to fall.
- **Improved coordination** to help you roll in a fall rather than crash to the ground.
- **Stronger muscles** to buffer the impact and protect bones.
- **Stronger bones** to resist fractures.

Exercise can give you more energy and the ability to do things easier, faster and for longer than before. And it's never too late to start!

Have a question? Need more information? Call 1-866-eskaton today.



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Transforming the Aging Experience

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15 Steps to Help Prevent Falls

The following checklist can help older adults reduce their risk of falling:

- De-clutter.** Remove objects you can trip over, such as books, magazines, blankets, shoes, etc.
- Clear your path.** Move your furniture so you don't have to walk around it.
- Use night lights** and glow-in-the-dark light switches. Motion-activated lights are helpful.
- Improve lighting.** Use bright, low-glare light bulbs. Uniform lighting is best. Hang lightweight curtains to reduce glare.
- Install handrails** in entryway, hallways and near steps.
- Secure carpets** and rugs with double-sided tape to keep them from slipping. Better yet, remove them.
- Lower items** on shelves to reach easily without using a step stool.
- Add reflective** non-slip tape on steps.
- Install grab bars** inside and next to the tub or shower and next to your toilet.
- Place non-slip mats** or strips in the tub and shower.
- Install lever handles** that are easy to grasp on all doors.
- Have your doctor** or pharmacist review your medications, even over-the-counter medicines. Some can make you dizzy
- Have your vision checked** at least once a year by an eye doctor.
- Wear shoes** both inside and out. Avoid wearing slippers or going barefoot.
- Exercise regularly** to improve balance and coordination

For more useful tips about health, wellness, safety and aging, please follow us at [facebook.com/eskaton](https://www.facebook.com/eskaton) or call 1-866-eskaton.