What can be done to reduce the risk of unintentional falls?

- Maintain a regular exercise program to increase strength, balance, and coordination. Tai Chi classes are an evidence-based method.
- Regularly review meds with a healthcare provider, and dispose unused meds.
- Have yearly eye exams.
- Modify home environments to reduce hazards such as slippery floors, poor lighting, and uneven surfaces.


Prepared April, 2017
Office of Injury Prevention
Arizona Department Health Service