

## GENERAL TIPS

- ☐ Use a portable, cordless phone or a cell phone.
- ☐ Avoid dizziness by getting up slowly from a chair or bed.
- ☐ Remove your reading glasses when you're not reading.
- ☐ Keep your house well lit and use night lights throughout.
- ☐ Take your time when moving. Don't rush to answer the door or phone.
- ☐ Get help to do major chores like snow shovelling, raking leaves, mowing the lawn, painting.
- ☐ See your health professional if you feel unsteady or have trouble walking. You may need to visit a physiotherapist or occupational therapist for advice, exercise, or an assistive device such as a cane or walker.
- ☐ Use your assistive devices properly, as shown by your therapist
- ☐ Pets like to stay close. Be careful not to trip over your pet or their toys.
- ☐ Review your footwear. Wear low-heeled shoes that give good support.
- ☐ Wear shoes both inside and outside of the house. Avoid wearing floppy slippers or stocking feet.

For advice or help, call your health or community information centre to find a fall prevention program in your area.