

ONE FALL CAN CHANGE IT ALL

ACT NOW. LEARN HOW

DID YOU KNOW



1 in 3 older adults in BC fall every year.

Falls can be life-altering and impact your quality of life and independence.



Most falls among older adults happen at home.

Some steps you can take to reduce your risk:

- Stay active to improve strength, mobility, and balance.
- Make your home safer from slip and trip hazards.
- Get your medications checked regularly.
- Assess your fall risk with a comprehensive self-screening.



FOR MORE INFORMATION, CHECK:

Cowichan Pathways and search for “fall prevention”
<https://cowichan.pathwaysbc.ca>

HealthLinkBC and search for “Preventing Falls as you Age” - <https://www.healthlinkbc.ca/living-well/getting-older/preventing-falls-you-age>

