

PREVENTING FALLS

What is a FALL?



A Loss of Balance

OR

Uncontrolled contact with a surface (like the floor) or an object (like a table or a person)



Why do we FALL?

Effects from medicines



Poor eyesight



Poor balance



Weak muscles



Unsafe environment: Worn-out shoes

Poor lighting

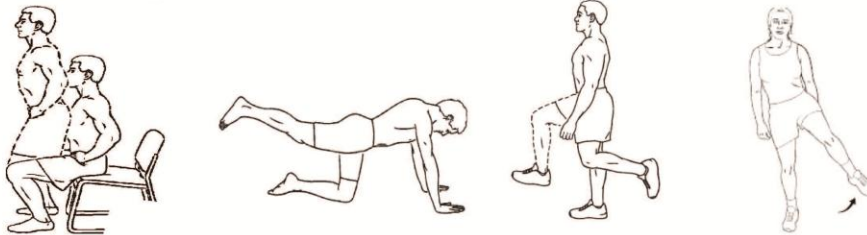
Clutter



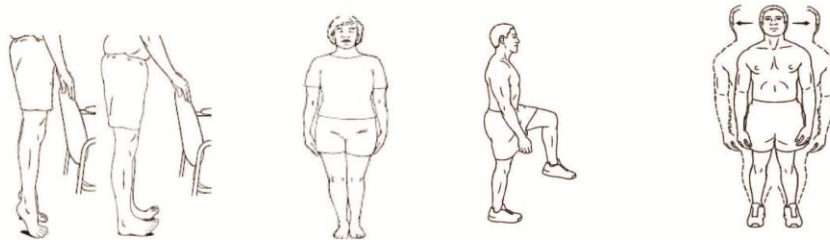
We ALSO fall more as we get **OLDER**

HOW can we keep from FALLING?

1. Strength Exercises



2. Balance Exercises

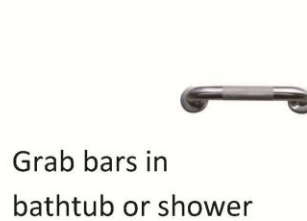


3. Get your eyes checked



4. Take your medicines correctly

5. Make your home safe:



Falls

Many people with Intellectual Disability fall for a variety of reasons. Some fall as they are getting older and start to lose their balance more often. Others may have a condition related to other disabilities that causes balance to be compromised.

Falls are one of the leading causes of injury in people with intellectual disability and many can be prevented. The FUNfitness program is working to help reduce the number of injuries related to falls in this population.