














Champlain Stay on Your Feet®

Take care of my health...My Falls Action Plan

A fall can happen to anyone. But the risk of falling increases as we age. Injuries from a fall can affect our health, mobility and independence.

Make a plan to reduce your risk for having a fall

| Taking care of my health | | What I do already | What I plan to do in the next month |
|---|--|-------------------|-------------------------------------|
|  | Complete the Staying Independent Checklist every year | | |
|  | Regular medical check-up | | |
|  | Vision & hearing check-up every year | | |
|  | Medication review every year | | |
|  | Regular physical activity – 150 minutes a week | | |
|  | Strength and balance – 2 times a week | | |
|  | Eat a variety of healthy foods every day | | |
|  | Have an assessment for a walking aid if necessary | | |
|  | Wear good supportive footwear | | |
|  | Avoid risky behaviour | | |
|  | Complete a home safety checklist and make changes to my home environment | | |

Other:

Falls are a serious health issue. Take action to manage your health, stay active, eat well, and check your home for fall hazards.