














# 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.**