

Elders' Fall and Fire Prevention Handout

Without prevention efforts, about one half of First Nation Elders aged 60 years and older fall once or more each year.

Staying fall-free can help you to stay independent and avoid the need to go to hospital or enter a long-term care facility.

Falls typically happen for a combination of reasons - most of which can be detected to prevent falls and related injuries.

Fire deaths at home occur because people are not warned in enough time to escape. Older people and those with disabilities are at greatest risk.

S.H.A.R.E. Tips for Fall & Fire Prevention



Photograph by Vicky Scott

Stay active - increase leg strength and improve balance. Tai Chi classes are especially good.

Have your eyes checked at least once a year.

Assess your home for fall and fire hazards – add grab bars in the bathroom, ensure good lighting, and install a functioning smoke alarm on each floor.

Review your medicines with your doctor, nurse or pharmacist and tell them if you have a fall. Reduce the medicines that can cause dizziness or drowsiness such as sleeping pills.

Eliminate your fracture risk by:

- Getting adequate calcium in your diet and taking vitamin D supplements
- Doing standing exercises
- Having a bone scan, and if needed, being treated for osteoporosis.

