



**Finding  
Balance**

# ANYONE CAN FALL

*Prevent it from happening to you*

## CHECK YOUR MEDICATIONS

Older adults want to live active, independent lives. As you age, the way some medications affect you can change and increase your risk of falling.

Medications that relax you, help you sleep or improve your mood can increase your risk of falling.

### *Keep your independence*

*Anyone can fall, but as you grow older, the risk increases. Every year one in three seniors will fall. Falls prevention isn't just about stopping falls before they happen. It's about keeping your independence.*

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**To learn more about preventing falls, visit  
[www.findingbalancenb.ca](http://www.findingbalancenb.ca)**

## Take steps to prevent a fall!

- Once a year, have your doctor or pharmacist review all your medications
- Medications include: prescriptions, over-the-counter pills, vitamins and herbal supplements.
- If your medications make you feel drowsy or dizzy, talk to your pharmacist or doctor. They may need to change the type, dose or time of day you take them.
- Some medications may cause a drop in blood pressure which may increase your risk of falling.
- Alcohol can affect your medications. Be careful. Talk to your doctor or pharmacist.
- Use only one pharmacy to fill your prescriptions and keep a current medication list in your wallet and at home.
- Ask your healthcare provider about how to deal with sleep problems without using sleeping pills.
- Do not share your prescription medications or take another person's medications.
- Look for expired medications and return outdated products to your pharmacist.

## With each new prescription, ask your pharmacist or doctor the following questions:

- What is this medication used for?
- When and how should I take it?
- How long do I need to take it?
- What are the potential side effects?
- Will it increase my chance of falling?
- What should I do if I have side effects?
- What should I do if I miss a dose?
- Will it affect any of the other medications I am taking?
- Should I avoid any food or beverages?
- What needs to be done to monitor this medication?

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## Other helpful tips

Ask your pharmacist, doctor or nurse if you are:

- Having trouble swallowing your medications
- Having trouble opening your medications or handling your pills
- Having difficulty reading the medication labels
- Finding it hard to remember to take your medication

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**Falls are not a normal part of aging.**

**Talk to your healthcare provider if you have had a fall.**

Original concept developed by the City of Edmonton, Capital Health Edmonton and the Alberta Centre for Injury Control & Research.

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