



FINDING BALANCE

**Fall Prevention
for Elders**

FALL PREVENTION



One in three people 65 and older have at least one fall per year. By taking simple steps to prevent falling, you can maintain a healthy and independent lifestyle.

Remember: Falls are not a normal part of aging.

STAY ACTIVE

Neegao Atjaasi

Mecimi-te kiyali upenomom

Regular exercise such as walking keeps you strong and improves your balance.

Ask your doctor about the best exercise for you and start slowly.

Remember, a few short exercises during the day are as good as doing longer ones.



STAY ACTIVE

Neegao Atjaasi

Mecimi-te kiyali upenomom

Using resistance (rubber) band or soup cans to do your exercise will make your muscles and bones stronger.



EAT HEALTHY AND DRINK LOTS OF FLUIDS

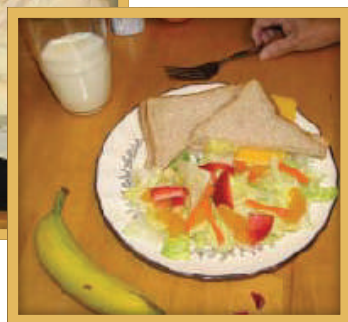
Olataleen ag Olsomgôa

**Kmicin sakolomtuwey naka
kmohehsomin ketuhsomimok**

Good nutrition will help keep up your strength
and sense of balance.

Skipping meals can make you weak and dizzy,
which can increase your risk of falling.

Eat three well balanced meals a day
and drink lots of fluids (water, milk and juice.)



WEAR PROPER CLOTHING

Tetapoigenaasi

Kposkomon wolihkamawik
loqtewakonol



Wearing clothing such as a bathrobe, a nightgown, pants or a dress that is the safe length for you can prevent you from tripping and falling.

WEAR PROPER FOOTWEAR

Oli eptesgenaasi Kposquwon wolihkomawtitit pkosonok



Wear shoes that fit well and give your feet good support. Don't walk around in socks or floppy slippers.

Consider using grippers on your boots during the winter months to prevent slipping and falling on ice.



USE EQUIPMENT THAT WILL KEEP YOU SAFE

Oeoen tan gôei apôgenemolteo
Ktuwehkan wehkewakon weci
sankewitahasiyin

Using the proper equipment such as a cane or walker when needed can keep you safe and active.



USE EQUIPMENT THAT WILL KEEP YOU SAFE

Oeoen tan gôei apôgenemolteo
Ktuwehkan wehkewakon weci
sankewitahasiyin

A properly installed equipment
such as a bath seat, raised toilet
seat and grab bars could help
you keep your balance and
prevent you from falling.



CLEAR THE WAY

Oagemtegtetj taantet pemitaamg
Sema punomon psi keq tan eliyayon

Hand rails should always be installed in the stairway.

Keep stairs and walkways clear of clutter so you don't trip and fall.



Hand
rails



Electrical cords or loose wires
can cause you to trip and fall.
Keep them out of your way.

Electrical
cord

CLEAR THE WAY

Oagemtegtetj taantet pemitaamg
Sema punomon psi keq tan eliyayon

Unevenly spread
or curled edges of
mats or carpets
can make you
trip. Keep carpets
flat so you won't
trip on them.



WATCH OUT FOR SLIPPERY OR UNEVEN SURFACES

Angateen taan telteg gotaôti
Ktopinomon 'ciw pemsokhas
sahseyik kosona walkomikek

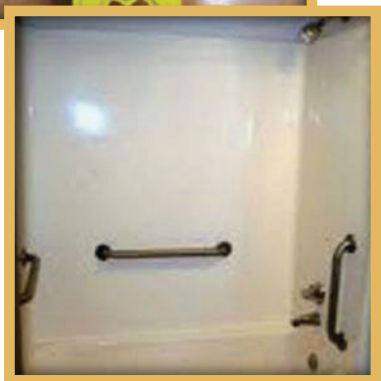


Be careful on wet floors.

Always wipe spills on the floor immediately to prevent you or somebody else from slipping.

Use non-slip mats in the tub/shower.

Install grab bars in tub and near toilet to help you keep your balance.



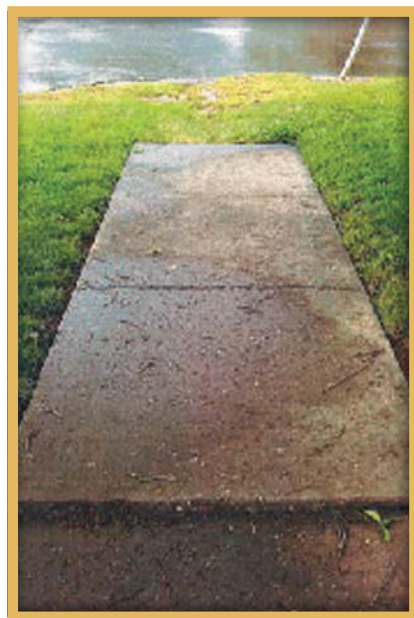
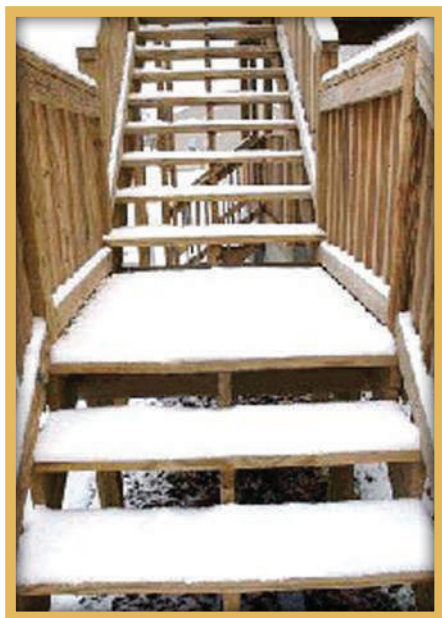
WATCH OUT FOR SLIPPERY OR UNEVEN SURFACES

Angateen taan telteg gotaôti
Ktopinomon 'ciw pemsokhas
sahseyik kosona walkomikek

Keep your steps free of snow and ice. Use sand or salt to prevent slipping and falling.

Keep your front steps and walkways in good repair.

Use caution when there are uneven walkways or sidewalks in the community.



KEEP YOUR BELONGINGS WITHIN REACH

Nagemasigaato taan gôgei alsotemen
Kpunomon psi keq tama weci
‘komasi memonomon



Store your pots and pans as well as your grocery where you can reach them easily.



Use a reacher if you need to grab something that is stored in high places or lower places (if you have trouble bending down).

KEEP YOUR BELONGINGS WITHIN REACH

Nagemasigaato taan gôgei alsotemen
Kpunomon psi keq tama weci
‘komasi memonomon

Climbing on a chair or stool increases your chance
of falling so please don't climb.



GOOD SLEEP HABITS

Gloolgtetj taan telimpan Kulqahsin

Not getting enough sleep can put you at risk for falling.

Adopt good sleeping habits to reduce your risk.

To have a restful night sleep, it's important to go to bed at the same time every night and wake up at the same time in the morning.

Eating a heavy meal, drinking coffee or tea before bedtime can keep you awake.



TAKE CARE OF YOUR EYES

Angôôtasigtjetj egpegigoel
Ktankeyutomon ksisqol

Seeing your eye doctor once a year is important because poor vision can increase your chance of falling.



Always wear your glasses to see clearly.

Make sure you have good lighting throughout the house.



Install a night light between the bedroom and bathroom.

TAKE YOUR TIME

Mot getageio

Menakac ote

Rushing around or being distracted can cause you to fall. Always get your balance before you take your first step forward and remember to take your time.



KNOW YOUR MEDICATIONS

Oli egtjiito gempison
'Kocicihtun knopisunol

It's important to talk to your doctor or nurse practitioner about all the medications you are taking and keep a list with you. These include all prescription medications, over-the-counter medications (i.e. cough syrup, Tylenol) and other natural or traditional medicines.



Know your medication


- What is the name of your medication?
- Why you are taking it?
- How much?
- When is the best time to take it (i.e. with food, breakfast, bedtime etc.)?
- What are the side effects?

VISIT YOUR FAMILY DOCTOR OR NURSE PRACTITIONER

Mitogoal egmalpaleoitem
gesna egmalpaleoiteoiisgom
Knatsakiyon nutsihpiluwcik

Visit your family Doctor or Nurse Practitioner for
regular check ups so you can stay healthy longer.





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WORKING TOGETHER TOWARDS INJURY PREVENTION



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