STEDY AS YOU GO
Falling is NOT a normal part of aging

WHAT CAUSES IMBALANCE
- Decreased vision
- Decreased strength
- Aging balance system

TOO MANY FALLS
Falls are the leading cause of accidental death and injury in people 65 and older. 33% of older adults fall annually ...

Find the cause
1. Talk to your doctor
2. Get screened for BPPV: Crystals in your inner ear can get dislodged, but this can be corrected!

Falls prevention
- Medical
  - Visit your doctor for a checkup
  - Have your eyes examined
  - Make diet & lifestyle changes
- Balance
  - Exercise, such as yoga or tai chi
  - Physical therapy
- Safety
  - Use proper support, such as a cane, walker or handrails
  - Use proper lighting
  - Use proper eyewear and footwear

WHAT SHOULD I DO?
For more information, visit: vestibular.org/aging