

# Catch Yourself

Simple Steps to Prevent Falls



Your risk of falling  
**increases**  
when you have:

- vision problems
- arthritis
- depression
- difficulty thinking
- multiple medications
- muscle weakness
- a history of falling
- difficulty balancing
- difficulty walking

The following steps can help you “*Catch Yourself*” by reducing the risk of falling and avoiding the serious consequences associated with falls:

**1. Have a Fall Risk Assessment and review of your medications performed by your physician or a trained healthcare professional**

- Ask your physician what types of activities would be best for you
- Ask your pharmacist about medication interactions
- Review your medications periodically with a health professional

**2. Engage in regular physical activity**

- Ask your physician what types of activities would be best for you
- Determine a plan for regular physical activity that fits with your interests and abilities.
- Consider targeted balance and mobility exercises that are most effective at reducing fall risk.

**3. Get an assessment of your home environment and make changes to reduce safety risks**

- Use a home safety checklist or consult with a professional to identify home safety risks
- Modify your home to make it safer - for example, reduce clutter, improve lighting and assure handrails and grab bars are securely installed.

**Additional Information**

For more information, contact the Program Office at (213)740-1364, email [info@stopfalls.org](mailto:info@stopfalls.org), or visit [www.stopfalls.org](http://www.stopfalls.org). This fact sheet comes to you from the Fall Prevention Center of Excellence, a project supported by the Archstone Foundation. The Program Office is located at the University of Southern California Andrus Gerontology Center. Other members of the Center of Excellence are: the California State University at Fullerton, the Geriatric Research, Education and Clinical Center at the Veterans Administration Greater Los Angeles Healthcare System, the University of California at Los Angeles, and the State of California Department of Health Services.

