

Fall Prevention



- **Exercise Regularly**
 - Exercise helps build strength and improves balance & coordination.
- **Take Your Time**
 - Sit for a moment before getting out of bed.
 - Get your balance before you begin walking.
 - Be aware of your surroundings.
- **Keep Walking Areas Clear**
 - Remove anything that may be in the way of foot traffic on stairs & walking areas.
- **Keep Areas Well Lit**
 - Improve the lighting both indoors & outside.
 - Use night-lights or a flashlight to light a path between your bed and the bathroom.
 - Turn the lights on before going up or down stairs.
- **Use Non-Slip Mats**
 - Keep non-slip mats in the bathtub or on the shower floors.
 - Install grab-bars on the wall next to the shower/bathtub and toilet.
 - Wipe up spilled liquids immediately.
- **Be Aware of Uneven Surfaces**
 - Use rugs that have non-skid backing
 - Smooth out wrinkles or folds in carpeting.
 - Be aware of uneven pavement outdoors.
 - Have a family member, friend, or neighbor clear ice and snow from outdoor stairs & walkways.
- **Wear the Right Shoes & Clothing**
 - Wear sturdy, well-fitting shoes with low heels and non-slip soles.
 - Dress appropriately for weather conditions
- **Monitor Medication**
 - Make sure you are taking the correct dosage, and always get rid of expired medicine.
 - Be aware of all potential side effects from your medication.

Source:

[1] Cedar Rapids Fire Department

[2] *Falls Prevention* National Council on Aging www.ncoa.org

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Additional Resources

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Linn County Emergency Management

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 892-6500
<http://www.linncounty-ema.org>

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>

