

Are you safe on your feet ?

If you check any of these, you may be at risk for falling.

Do you ...

Take 3 or more pills ?



Have foot problems ?



Live alone ?



Ever feel dizzy ?



Have poor eyesight ?

Fall, slip, or trip often ?



Use stairs in your home ?



Wear flip-flops or slippers ?



Feel weak or breathless easily ?

Providers of Assistive Devices

Rubber backing & Bath mats: Available at most local stores (less than \$5)

Bath benches: Available in larger stores (\$60—\$70)

Grab bars: Available in most hardware stores.

Should be: - 18 or 24 inches in length (\$70—\$80)

- Fixed to solid surface in tub/shower or near toilet

Canes and Walkers: Contact HelpAge Belize (224-5282), Mercy Care Center (223-0344), HOPE Punta Gorda (722-2209)

Wheelchairs: Contact HOPE Punta Gorda, Mercy Care Center, CARE Belize (223-5986), or Rotary International (610-1681)

Eyeglasses: Contact BCVI (227-7776)

*For more information, please contact the
National Council on Ageing.*

Leaflet designed by



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Stay Safe On Your Feet!

A Falls Prevention Guide for Older Persons



*Enhancing safe living in
the people of Belize*

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Keep Yourself Healthy

Get moving !

Take a walk with a friend, help with daily chores or do some gardening.



Use medication safely !

Some pills can make you sleepy or dizzy. Talk to a doctor before taking a new pill or tablet.



Visit with a Doctor !

See a doctor if you are not feeling well or your eyesight is getting poor.



Eat healthy !

Enjoy fruits and vegetables daily.



Keep Your Home Safe

Remove clutter !

Clear items that may make you trip and fall from the floor and stairs.

Be safe in the bathroom !

Use **rubber mats** in your bathtub or shower. Install **grab bars** and a **bath bench** if you are unsteady on your feet.



Remove small rugs !

Loose rugs can cause falls. If you have rugs make sure they are non-slip or have a **rubber backing**.



Keep your stairs safe !

Be sure to have at least 1 handrail that is secure and in good repair. Keep staircases well lit.



Keep Yourself Active

Take your time !

Rushing could make you fall. Take plenty of breaks and get up slowly from a chair or bed.



Wear proper shoes !

Choose supportive shoes that fit around your heel. Avoid wearing slippers, flip-flops or stockings.



Use a cane for extra safety !

Be sure that your **cane** is the proper length: top of cane should reach the crease in your wrist. There should be a rubber tip on the bottom to prevent slipping.

