I asked my pharmacist to look at all my medicines. I know there are medicines that can make me light-headed or fuzzy — more likely to slip or trip.

I got my eyes checked because I know vision problems can cause a slip, trip or fall.

I want to stay in my own home as long as I can, so I got one of those home safety checklists and went through every room. I’m making some changes and I know they will pay off.

I decided to take up activities that build strength, balance and flexibility.

If you’d like to know more, contact the Senior Falls Coalition or ANTHC today:

nancy.jamieson@alaska.gov
(907) 465-1605
www.AlaskaAging.org/falls/

hdstrayer@anthc.org
(907) 729-1900
www.anthc.org/chs/wp/injprev/elder-fall.cfm

How important are these to you?

Independence
Choice
Confidence

September 18-24:
Fall Prevention Week

Your choices can make all the difference.

It’s never to early or too late to start — what’s right for you?