

# My Fall Risk Action Plan

Date: \_\_\_\_\_

## What does fall risk mean?

Your age, gender and health can affect your risk of having a fall. However, there are steps you can take that will reduce your risk of falling.

### My Action Plan:

Check the boxes of the things you would like to work on:

- |  |  |
|--|--|
| <input type="checkbox"/> Strengthen my body and improve my balance.                        | <input type="checkbox"/> Meet with the clinic pharmacist for a review of my medications. |
| <input type="checkbox"/> Get a yearly eye check-up and update my eyeglasses, if necessary. | <input type="checkbox"/> Make my home safe.  |

## What can you do?

The most important person in preventing a fall is you. Your Providence care team is also here help. Together, we can come up with a personal action plan that will keep you safe and reduce your chance of having a fall.

