

FALL PREVENTION DESERVES YOUR ATTENTION!

Prevent falls with physical activity:

- Yoga
- Tai-Chi
- Balance exercises
- Water aerobics



Prevent falls within the home:



- Declutter
- Night lights
- Sufficient lighting in the home
- Wear non-slip shoes

Prevent falls in other ways:

- Limit the amount of alcohol consumed
- Know side effects of medications



Control pain levels:



- Distraction
- Deep breathing
- Drawing
- Reading
- Puzzles

Deanna H.
Direct Entry MSN
Student
FALL 2020



ALVERNO
COLLEGE | JOANN MCGRATH
SCHOOL OF NURSING &
HEALTH PROFESSIONS