

## Take care of your feet

Foot care and footwear is important in preventing falls. Wear supportive, comfortable, and proper fitting shoes with good treads. Talk to your health care provider or see a foot care specialist if you have foot pain or require special foot care.

## Schedule a check-up

Vision and hearing problems can make it more likely to have a fall. Schedule an annual eye exam and vision test with your eye doctor to make sure your glasses or other vision aids are up to date.

## Did you know...

Most falls are predictable and preventable. It is important to know your risks and to take action to reduce these risks and prevent a fall from happening to you.

## Had a fall? We want to know.

If you have had a fall, please make sure to contact us using the information below.

# 10 tips to prevent falls

## Notes / Questions -

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## Contact us

### Kingston General Hospital

Toll free: 1-800-567-5722

Local: 613-549-6666

### Renal Unit

Enter extension 4402

## What you need to know

### Report

If you have a fall and are hurt, get help right away. **When you come to the hospital for dialysis, tell your nurse that you have had a fall.**

### Be active

Regular physical activity keeps your muscles strong and helps to keep your bones, mind and heart healthy. It also helps your balance, movement and flexibility. Together, these make it less likely that you will have a fall, and less likely to break a bone. If you have a walking aid like a cane or walker, make sure you use it all the time. Many people fall because they forget to use their walking aids.

### Eat well

Eating nutritious, well balanced meals throughout the day prevents weakness, brain fog, fatigue and dizziness- all factors that increase risk for a fall. Ask to speak to the Renal Dietitian for further guidance regarding the Renal Diet.



### Take medications safely

Some medications, including herbal supplements, can have unpleasant side effects that can increase the risk of having a fall. Ask your kidney doctor about side effects before taking supplements or any new medications.

### Drink responsibly

As people get older and begin taking medications, our bodies process alcohol differently, and drinking alcohol can make it much more likely to have a fall. Canada's Low Risk Alcohol Drinking Guidelines recommend no more than 10 drinks per week for women and 15 per week for men.

### Make time for friends

People who feel alone are at greater risk for having a fall. Spend time with family and friends. If you're looking to meet new friends, join a local seniors centre, take up a new activity or volunteer in your community. Having a strong social support network will enhance your quality of life.

### Do a home safety check

Fall hazards at home can include:

- Scatter rugs
- Cords or wires
- Pets
- Clutter or poor lighting

Take time to look around and make sure your home is safe. Remove clutter, ensure staircases are in good working order and have secure railings in place. Install grab bars and non-skid bath mats in bath tubs. Use nightlights and ensure all rooms have good lighting.

### Be safe in public

Icy, cracked or uneven sidewalks, slippery floors and poor lighting in public places can increase your risk of having a fall. Know your surroundings and be aware of any hazards. Wear proper footwear, use assistive or walking aids correctly and report hazards to your municipality or business owners.