

## Talk to your doctor about how to stay independent as you age.

A simple fall can change your life and cause you to lose your independence. Talk to your doctor about what you can do to prevent slips, trips and stumbles.

### *Things to discuss with your doctor*



#### **MEDICATIONS**

- Keep a list of medications and review it with your doctor or pharmacist
- Take medications as prescribed — don't skip or decrease doses
- Report adverse drug reaction
- Never use someone else's medication
- Discard expired or unused medication



#### **VISION AND HEARING**

Get your vision and hearing checked annually. Eye disease and normal aging make it harder to read fine print, judge distance, or identify trip hazards clearly.

*Falls are not a normal part of aging. They can be prevented.*

For more fall prevention resources and ideas, visit [doh.wa.gov/findingourbalance](https://doh.wa.gov/findingourbalance).