

Public Service Announcement

Fall Prevention Month

Start Date: November 3, 2021

End Date: November 30, 2021

Nunavut-wide

45 sec

November is Fall Prevention Month. In Canada, falls are the leading cause of injury among elders.

Falling is not a natural consequence of aging but is the result of several age-related factors such as loss of muscle strength and balance.

Physical activity is very beneficial to our physical, mental and social health. Walking is just one activity that helps to improve balance, posture, muscle strength and flexibility.

Some things to watch for to reduce falls are:

- Stairs are a well-known hazard. Stairs that have smooth carpeting, busy patterns, or are all one colour are difficult to see.
- Be careful when stepping off the last step of stairs. This is a common place for a fall. Use the handrail when available for extra support.
- Mats at the doors can get wet or slippery and/or flipped over.
- Ask the pharmacist about the drugs you are taking. Some medications can increase your risk of falling.

If you notice your loved one seems to be stumbling more or has actual falls, please suggest that they see a nurse or doctor at their local health center.

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