

# Fall Prevention

## Summary Handout



### **Know your risk factors to decrease your fall risk!**

#### Common fall risk factors:

- Movement & Balance Changes
- Vision Changes
- Freezing of Gait
- Dizziness & Orthostatic Hypotension
- Environmental Obstacles

### **Practical Tips to Implement:**

- Be active - exercise regularly according to the Parkinson's Foundation recommendations
- Consult with an Occupational Therapist and/or Physical Therapist for a tailored exercise program and individualized compensatory strategies
- Be aware of your posture
- Focus on one thing at a time and limit distractions
- Pace yourself and plan for micro-rest breaks during daily activities
- Work on your balance for at least 1 hour each week!
- Complete regular eye exams & wear glasses as directed
- Complete eye exercises so the muscles in the eyes work optimally
- Understand Freezing of Gait triggers and strategies to prevent & overcome FoG
- Monitor your blood pressure with positional changes
- Increase your hydration
- Move slowly with positional changes
- Remove clutter in the home and keep pathways clear of obstacles
- Ensure adequate lighting throughout the house
- Arrange frequently used items so they are easy to grab without reaching
- Install grab bars in the bathroom
- Wear supportive and well-fitting footwear
- Be aware of obstacles outdoors and scan for possible trip hazards
- Get as close to chairs as possible before sitting down, and make sure you can feel the chair on the backs of your legs
- Lean forward (nose over toes) when standing up from a chair
- Stand in a power stance when reaching and backing up