

# **Speak Up: Reduce the Risk of Falling**

**Man 1**

Over the years, we've all learned how not to do things. I learned not to go fishing with a hole in the boat.

**Woman 1**

If it looks like rain, I am not going to forget my umbrella. Oh, fudge.

**Narrator**

Using good judgment helps us avoid unfortunate mistakes. And there are things you can do to reduce risks. Did you know 1 out of 3 adults age 65 and older get injured from falls every year?

But anyone can fall. You can reduce your risk of falling by exercising. It builds strength and can help improve your balance.

**Woman 2**

At home, I removed my throw rugs and I keep my night light.

**Man 3**

When I go into a room, I turn on the light so I don't bump into anything. Plus, I'm afraid of the dark.

**Woman 3**

When I need to reach up high, I always use a step ladder and make sure I'm wearing sturdy shoes.

**Woman 4**

When I need to get out of bed, I use my call button for help.

**Narrator**

Medicines sometimes can make you light headed or confused. If this happens, make sure to talk to your doctor. Getting your eyes checked to see if you need new glasses can also help you see better to avoid tripping over things. Making these small changes, taking precautions and speaking up when you need help can reduce your risk of falling so be safe.