

STOP Think Falls!

Falls can be prevented.



R
Review
medication



E
Eyesight
checks



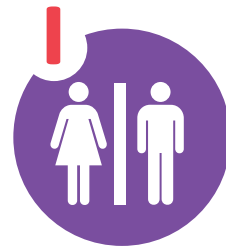
D
Decrease fear
of falling



U
Urinary & other
infections



C
Check blood
pressure



I
Incontinence
management



N
Nutrition &
hydration



G
Get active



F
Feet & Footwear
check



A
Aids &
Equipment



L
Let people
know



L
Limit unnecessary
risks



S
Safe
environment