

# STOP Think Falls!

## Falls can be prevented.



**R**  
Review  
medication



**E**  
Eyesight  
checks



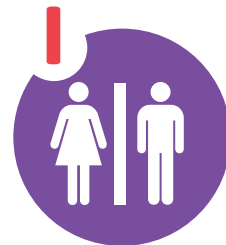
**D**  
Decrease fear  
of falling



**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