

# Tips to Maintain Independence

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## Follow Up Services



- ❖ At the next appointment with your **Primary Care Provider** share the information from your fall prevention screening.
- ❖ Tell your doctor right away if you have fallen, are afraid you might fall, or feel unsteady.

## Medication Review



- ❖ Talk to your **Pharmacist** or **Primary Care Provider** about your medication regimen and discuss any side effects like, feeling dizzy or sleepy.
- ❖ Ask about taking vitamin D supplements for improved bone, muscle, and nerve health.

## Vision Check



- ❖ Get your vision checked yearly by an **Ophthalmologist** and update your glasses as needed.

## Exercise



- ❖ Consult your Physical Therapist or Primary Care Provider before beginning to exercise.
- ❖ Work towards the goal of **30 minutes per day, 5 days per week** of exercise.
- ❖ Join a local exercise class and participate in activities that strengthen your legs and safely challenge your balance (e.g. Tai Chi and yoga).

## Home Safety Check



- ❖ Review the STEADI "**Check for Safety**" home fall prevention checklist and make the recommended changes.
- ❖ Get a referral for **Occupational Therapy** to help check for home hazards.

