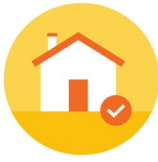


Steps Toward a Healthy and Independent Life



Simple Steps for Preventing Falls

- ✓ **Begin a regular exercise program.** Exercise is one of the most important things you can do to stay healthy, strong, and prevent falls. Include balance, strength, flexibility, and cardiovascular components.
- ✓ **Talk to your healthcare provider.** Ask about a fall risk assessment, share your history of falls, and address your individual risk factors.
- ✓ **Review your medication list with your doctor.** Medication side effects such as dizziness or drowsiness can lead to falls. Take medications as prescribed.
- ✓ **Get yearly hearing and vision checks.** Your eyes and ears help keep you on your feet. Hearing loss can affect balance and poor vision is a risk factor for falls.
- ✓ **Talk to your family members or support team.** Asking for help can help keep you safe!
- ✓ **Keep your home safe.**
 - Keep walking paths clear of furniture or clutter
 - Remove throw rugs when possible
 - Wrap cords and wires away from walkways to prevent tripping hazards
 - Install grab bars near toilets and bathing areas and non-skid mat or strips in the tub or shower
 - Place nightlights in hallways and bathrooms and make sure all rooms have proper lighting
 - Keep stairs free of clutter and handrails in good repair

Fall Prevention and Healthy Aging Resources:



DOH 530-324 June 2025

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.



Healthy Aging Resources

Aging and Long Term Support Administration Resources:

Area Agency on Aging Caregiver support, Home and Community Services, Residential Care Services, Adult Protective Services, and Senior Information.

<https://www.dshs.wa.gov/ALISA/resources>



Dial 9-8-8 for the Crisis and Suicide Lifeline. The 988 Lifeline is confidential, free, and available 24/7/365. You can contact the 988 Lifeline to get support for:

- Thoughts of suicide
- Mental health crises
- Substance use concerns
- Any other kind of emotional distress
- Concern for loved ones

Dial 2-1-1 from anywhere in Washington State for 24-hour **Traumatic Brain Injury (TBI)** resources in your community such as food programs and benefits, housing, and healthcare.

Washington Poison Center: 800-222-1222 Providing free confidential phone assistance with immediate and expert treatment advice in case of exposure to poisonous, hazardous, or toxic substances.

Dial 9-1-1 for emergency help when a law enforcement officer, fire fighter, or emergency medical help is needed right away. Know your location address!

Community Living Connections (CLC):

Links to personalized care and support.

<https://washingtoncommunitylivingconnections.org/>

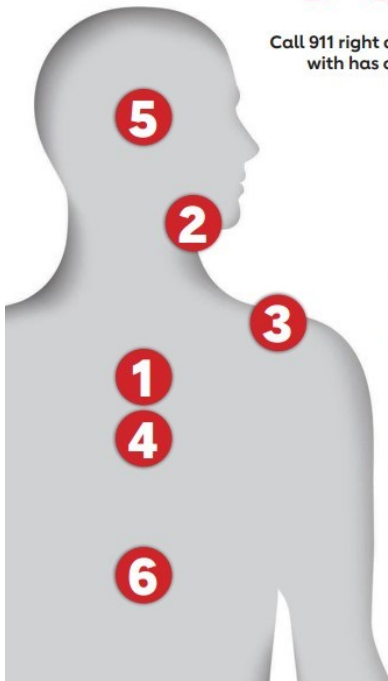


LOCAL RESOURCES:

Know the Signs and Symptoms



Common Heart Attack Warning Symptoms



Call 911 right away if you or someone you are with has one or more of these symptoms!

- 1 Chest pain or discomfort
- 2 Pain or discomfort in the jaw, neck or back
- 3 Pain or discomfort in the arms or shoulders
- 4 Shortness of breath
- 5 Feeling very tired, lightheaded or faint
- 6 Nausea or vomiting

Learn more at
heart.org/HeartAttack.

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BLOOD PRESSURE

GET CHECKED, KNOW YOUR NUMBERS.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	Less than 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (Hypertension) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (Hypertension) STAGE 2	140 OR HIGHER	or	90 or HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

American Heart Association: www.heart.org

Signs of Stroke in Men And Women

If any of the following signs appear suddenly, call 9-1-1 right away.



Numbness or weakness in the face, arm, or leg, especially on one side of the body.



Confusion or trouble speaking or understanding speech.



Trouble seeing in one or both eyes.



Trouble walking, dizziness, or problems with balance.



Severe headache with no known cause.

