

**TRIAD****JUNE...is National Safety Month!****FOUR (4) things you can do to prevent falls!**

- **Speak up:**  
Talk open with your healthcare provider about fall risks and prevention. Have your doctor review your medicines.
- **Keep moving:**  
Begin an exercise program to improve your leg strength and balance.
- **Get an annual eye exam:**  
Replace eyeglasses as needed.
- **Make your home safer:**  
Remove clutter and tripping hazards
- **Learn more:** Contact your local community of senior center for information on exercise fall prevention programs, and options for improving home safety.
- **Stay Independent:** One in Four people 65 and older fall each year.

**Be Careful!****What Can You Do To Stay Independent?**

Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. This includes changes in your mobility—your ability to get around.

It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do—like driving, shopping, or doing household chores.

There may be a time when you still need to get around, but can no longer drive.

You might not have mobility problems now, but you could in the future. You may even know others who already do—perhaps a parent, relative, friend, or neighbor. While it may not be possible to prevent all of these changes, there are actions you and your loved ones can take today, and as you age, to help keep you safe and independent tomorrow.

**MySelf**

A plan to stay independent

**MyHome**

A plan to stay safe at home

**MyNeighborhood**

A plan to stay mobile in my community



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**Make a plan today.  
Stay independent tomorrow!**