

LOWER HUDSON VALLEY FALL PREVENTION NETWORK
presents

Spring into Balance

What can you do to preserve your independence this season?

GET ACTIVE

1

Find your own way to keep that spring in your step. Incorporate movement into your day to maintain balance and feel better in your daily activities.

JOIN A COMMUNITY PROGRAM

2

Find a program like Tai Chi, Bingocize or A Matter of Balance, to ensure you maximize your ability to stay steady. Check out dutchessny.gov/aging for updates.

SPEAK TO YOUR DOCTOR

3

Including your healthcare team in the conversation can help you find new ways to maintain balance and ensure you are on the correct medications. Have your medications reviewed once a year.

TALK WITH FAMILY AND FRIENDS

4

Having a support system, especially if you live alone, can be crucial to keeping you safe! Check in with loved ones regularly, and don't be afraid to ask for their support!

CONTACT YOUR LOCAL OFFICE FOR THE AGING

5

For additional guidance, and to find out what programs you qualify for, contact your local Office for the Aging to work out a comprehensive and proactive plan for fall prevention.