



HOME SAFETY Personal Action Plan

Now that you have reviewed the fall prevention resources, use this Action Plan to identify changes that need to be made to reduce your risk of falling. It is important to determine which tasks you can complete yourself, which ones require help from other people to complete, and which ones require professional assistance. If you are not sure, you are encouraged to consult a health care provider before getting started.

Work to be done / help needed

Hazards at home		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
Footwear		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
Medication		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.





Physical Activity	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
Assistive Devices and Equipment	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
Other Safety Concerns	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

SCAN for the website

For more information, look for the **Additional Resources for Older Adults** on the Finding Balance NB website at www.FindingBalanceNB.ca

