



10 BIG STEPS TO PREVENT FALLS

Medication Safety and Falls Prevention

Some medications can increase your risk of falling. Keep a list of all the medications you take. Include your doses, how often you take it, and who prescribed the medication.

Bring the list with you to visits with all your health care providers and when you pick up prescriptions.



Ohio

Department of
Aging

Questions to ask your health care provider

- How often should I have a falls risk assessment?
- Can my medication increase my risk of falling?
- Can my medication cause weakness, numbness, dizziness, or drowsiness?
- Can my medication have side effects that can change my balance or perception?
- When is the best time to take my medication to reduce falls risk?
- Are there different treatments without similar falls risks?
- What is this medicine supposed to do and how will I know if it's working?
- Is there another way to treat my condition or symptom without medication?
- Can my diet change how my medication works?
- How often should I have my vision and hearing tested?

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