



Stay Active & Independent for Life

a strength and balance fitness class for adults 65+

Who do you need on your “HOME Team” ?

H : Home Modification

O : Optical Review

M : Medication Safety

E : Exercise

Think of yourself as the “Captain” of your “HOME Team”.

Stay active and independent by reviewing these four guidelines and find out where to go in your community for home modification, vision exams, medication advice and exercise.

1. Home Modification

a) Where do you go to make home safety improvements?
(Hardware store/ Home improvement store?)

b) Who can you ask to help you make repairs to your house?

2. Optical Review

a) Where do you go to get your vision checked?

b) Do you get your eyeglasses regularly cleaned and adjusted?

c) Have you talked with your eye doctor about vision changes?

3. Medication Safety

- a) Which pharmacy do you use to fill all your prescriptions?
- b) Have you asked your pharmacist questions about your prescriptions and over the counter medications?

4. Exercise

- a) Do you currently exercise three times per week?
- b) Where do you go for fitness classes?
- c) What other physical activities do you enjoy?
- d) During exercise, it's important to incorporate aerobics, strength training, balance and flexibility. Does your current routine include these four elements?

Following the four “HOME Team” guidelines will help you to prevent falls.

- **Home Safety**
Half of all falls happen at home. Make your home safer. For example, remove throw rugs, improve lighting and use non-slip mats in the bathroom.
- **Optical Review**
Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition that limits your vision.
- **Medication Safety**
Ask your doctor or pharmacist to look at all of the medications you take (including ones that don't need prescriptions). Some medicines have side effects which can cause falls.
- **Exercise**
Begin a regular exercise program – it increases your strength and is an important way to reduce your chances of falling.