

## What you can do to prevent a fall



Especially for you, our AIACE members, we would like to share some practical advice based on environmental, biological and lifestyle factors.”

# TIPS TO REDUCE YOUR RISK OF FALLING

Cigna's Individual Accident Group Insurance for members of the AIACE

### Keep moving

- By exercising for half an hour a day you will gain strength and balance, and decrease your risk of falling. The best exercises include walking, gardening or swimming.

### Take care of your health

- It's worthwhile to consult your doctor to discuss possible side effects of the medication you take or the combination of several prescription and over-the-counter drugs.
- Good vision is essential to prevent a fall. If you feel like your sight is decreasing, consulting a doctor to adjust your glasses will help you.

### Create a safe home

#### Tips to prevent tripping at home:

- make sure your floors remain safe and that they are clean and dry. Try to avoid leaving loose items lying around.
- use an antiskid on the bottom of any small carpets you have.
- store kitchen materials within your reach. If you have to reach for items above your head, use a solid ladder rather than a chair.
- keep your bathroom floor dry, and install handles.
- install good lighting in the staircase and the area between your bed and bathroom. A sensor for automatic lighting can also help.

- **the ability to multitask decreases with age, so it's best to concentrate on one household task at a time.**

#### You can make your staircase a lot safer too by:

- adding a non-skid surface to the steps of your stairs or by gluing or stapling your stair carpet.
- using a fluorescent sticker to mark the first and last step of the stairs.
- removing anything that could become an obstacle on or near the stairs.
- making sure the staircase is well illuminated.
- using the handrail when using the stairs. It's best to avoid using unstable ladders or stepladders.

### Watch out for wintry conditions

- Well-fitting shoes that support your whole foot and have a firm and flat sole with relief will prevent you from falling.
- Taking good care of your eyes is beneficial, so you can spot unevenness in the pavement or a tile that sticks out, which can be even more of a risk if covered by snow and ice.
- When crossing the road, it's worth taking your time so you don't slip.

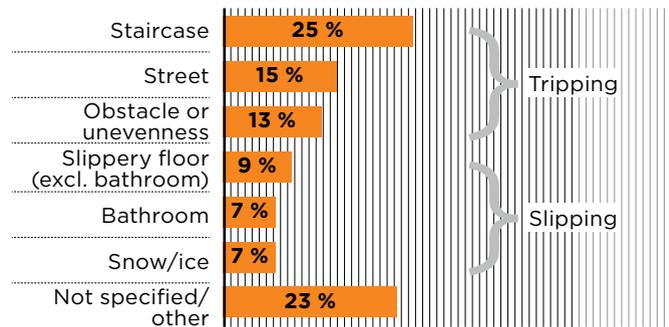
Cigna International Health Services BVBA • Plantin en Moretuslaan 299 • 2140 Antwerpen • Belgium • RPK Antwerpen • VAT BE 0414 783183 • FSMA 13799-A-R-590432\_EW (04/5)

# Did you know that there are some key risk factors?

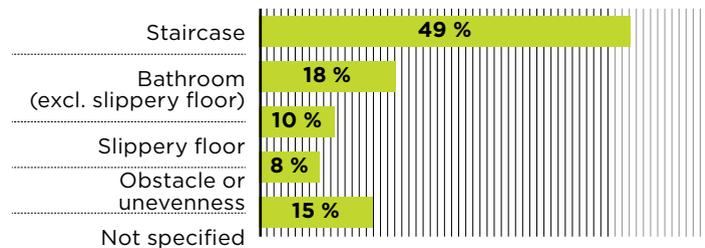
When you reach the age of retirement, you want to be able to enjoy your golden years. But **every year, one in three adults aged 65 or over falls, and the risk of falling increases the older you get.** Reducing your risk of falling will help you maintain your independence, as well as avoid injuries.

“**There are a number of ways to reduce your chances of falling by making simple changes in your home and doing special exercises. In this brochure, you will find out how.”**

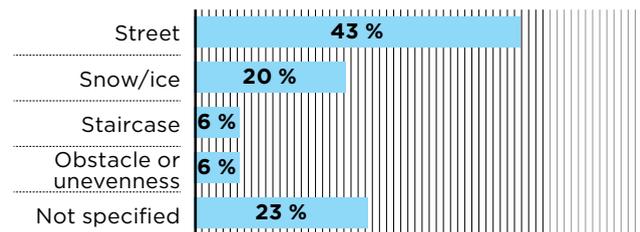
## Cause of accidents



## Cause of accidents at home



## Cause of accidents outdoors



These graphs highlight the different causes of accidents that AIACE accidents insurance plan members have submitted claims for.

Most of the time it is a combination of lifestyle, health and environmental factors that contribute to a fall. **Let's take a closer look at what causes accidents for AIACE members.**

**Falling down the stairs** happens the most frequently, accounting for almost a quarter of all falling accidents. Besides the staircase, there is also a higher risk of **falling in the street**, especially because of uneven pavements. A third cause for tripping is an (most of the time unusual) **obstacle or unevenness in a familiar environment**. In addition, accidents as a result of slipping occur frequently and mostly happen in the bathroom or in wintry conditions such as snow and ice.

