



Falls Prevention Month

November 2025

Falls are the leading cause of injury among older adults.

As we age, our bodies naturally change - affecting how we move, feel, and function each day. These changes can increase the risk of falling, but the good news is: falls are preventable.

Finding Balance is an education program and public awareness campaign created by the Injury Prevention Centre at the University of Alberta's School of Public Health. It's designed to help adults aged 55 and over stay independent, safe, and informed.

Many falls happen at home due to everyday hazards like poor lighting, loose rugs, or cluttered walkways. Factors such as poor balance, weak muscles, and slower reflexes can also increase fall risk. However, small changes - like improving lighting or clearing walkways - can make a big difference in your safety.

A fall can have serious and lasting effects. Even without injury, it can lead to a loss of confidence and reduced activity. But you can take simple steps to lower your risk:

- Stay active to build strength and improve balance
- Remove tripping hazards from your home
- Get regular vision and hearing checks
- Review your medications annually
- Wear supportive footwear and care for your feet
- Eat a balanced diet to support overall health

Visit the [Finding Balance website](#) for free resources, practical tips, and to sign up for our eNewsletter. Stay informed about learning opportunities, falls prevention strategies, and new tools to help you or someone you care about live safely and independently.