

# November is Fall Prevention Month

## Working Together to Prevent Falls

***Pack a punch and address the P's of fall Prevention***

- Pain
- Personal Care - No rushing to the toilet, take your time
- Possessions - Keep them within reach
- Pills - Regular medication reviews by your physician or pharmacist
- Physical Activity - Keep moving
- Purposeful Interactions - Remain social, don't isolate
- Blood Pressure - Stop, stand, wait and then go.



***Be active - Protect yourself - Tell someone if you have fallen***

The Saskatchewan Health Authority recognizes falls are a serious safety concern and is a partner in the national fall prevention campaign.

For more information on activities and resources,  
please visit [fallspreventionmonth.ca](http://fallspreventionmonth.ca)



***saskhealthauthority.ca***