Below are five simple steps that YOU can take today to reduce falls among older adults and adults with disabilities in your community.

**Raise awareness**
Post and share this simple and colorful infographic—6 Steps to Prevent a Fall—from the National Council on Aging.

**“Winterize” shoes, boots, and assistive devices**
- Attach spikeless ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.
- Try this inexpensive way to make wheelchair snow tires.

**Carry kitty litter for slick surfaces**
Encourage older adults to carry a zip top bag filled with a lightweight kitty litter in their pocket and cast it out ahead of themselves on slick surfaces.

**Screen older adults for fall risk**
Health care providers: begin to check ALL older adults with the STEADI fall risk screening tool as part of your normal intake and reevaluation process. Learn more about administering the STEADI screen and using evidence-based falls prevention programs in your community.

**Give the gift of falls prevention**
‘Tis the season for gift giving! Encourage adult children to give fall-proofing holiday gifts to their parents:
- Fall alarm systems that are motion triggered without hitting a button
- Higher toilets in the home
- Replace multifocal glasses with single vision eyeglass lenses
- Grab bars in bathroom and next to outside steps or inside thresholds
- Install firm stair railings on both sides of stairways and set automatic lights over stairways and by outside entrances
- Cover the entryway to the home and provide a table to set down bags while finding keys
- Shorter days mean more time in the dark—give tiny flashlights to attach to keys, hats, and coat buttons

Help make this season a safe, warm, and wonderful one for your patients, family, and community!

**Source:** Mindy Oxman Renfro, PT, PhD, DPT; Chair, American Physical Therapy Association’s AGPT Balance & Falls SIG; Lead, Montana’s Falls Free Coalition; University of Montana Rural Institute/MonTECH programs.