Other risk factors include:
- Weakened muscles
- Poor balance
- Use of medication
- Use of alcohol or other substances
- Vision changes
- Chronic health conditions
- Poorly designed public spaces
- Cluttered environment
- Slippery conditions or other environmental factors
- Wearing old, worn out or ill-fitting shoes

Many falls can be prevented by making small changes in your behavior and understanding where and when you are at increased risk.
- Exercise can help reduce the risk of osteoporosis (bone loss) and strengthen muscles that help your balance. A list of local group classes can be found through the Older Adult Falls Coalition.
- Getting an annual physical examination including an eye test.
- Having any medical device properly fitted such as, a cane or a walker.
- Choosing clothes that don’t get caught under your shoes.
- Wearing flat, sturdy shoes with nonskid soles.
- Review your medication, especially how the medications react with each other, with a doctor or pharmacist to make sure they will not impact your balance.
- Taking medications as prescribed - with food, and without substances such as alcohol.
- Creating clear pathways in your home by:
  - Moving cords to the wall
  - Cleaning up clutter
  - Having grab bars by toilets and showers
  - Adding lights to dim areas and replacing loose carpet and rugs
- Seeking medical care or alerting your physician if you have noticed balance issues or had a minor fall.

Ultimately, falls happen to just about anyone, but a little bit of preparation and knowledge can save you or a loved one from serious injury, and even death.