

# FALLS & BALANCE

## AGING AND BALANCE

- Aging is usually accompanied by problems of dizziness.
- Dizziness is the spinning sensation of vertigo, a general feeling of unsteadiness, a rocking sensation as if on a boat or as lightheadedness.
- It can also be accompanied by difficulty walking, nausea, anxiety, feelings of tiredness and imbalance. This causes loss of mobility and an increased risk of falls which is a major health concern.

## HOW CAN WE HELP YOU?

- We conduct weekly fall prevention and balance classes
- If you would like to move better and be more confident, we can help you.

## DO I HAVE A BALANCE PROBLEM

- You can help identify a balance problem by asking yourself some key questions. If you answer “yes” to any of these questions, discuss the symptoms with your doctor.
  - Do I feel unsteady?
  - Do I feel as if the room is spinning around me, even only for brief periods of time?
  - Do I feel as if I’m moving when I know I’m standing or sitting still?
  - Do I lose my balance and fall?
  - Do I feel as if I’m falling?
  - Do I feel lightheaded, or as if I might faint?
  - Does my vision become blurred?
  - Do I ever feel disoriented, losing my sense of time, place, or identity?