家居安全- 預防跌倒須知
Fall Prevention and Home Safety in Seniors

常見資源 General Resources

預防跌倒的四大要點
Four Pillars of Fall Prevention

	運動	Exercise	家居安全	Home Safety
如何預防跌倒 How to prevent falls?	通過增強力量和平衡來降低風險	Reduce your risk by gaining strength and balance	移除家中的危險因素	Remove risk factors within your home
	生理因素	**Vision**	**藥物因素**	**Medication**
如何預防跌倒 How to prevent falls?	進行眼科檢查	Have your eyes checked by an eye doctor	進行藥物檢查	Get a medication review

改善家居安全
Home Modifications to Improve Safety

注意以下事項:
- 您的環境
- 環境中的功能性移行
- 絆倒和使用
- 伸手、推、拉、舉

Be aware of:
- Your environment
- Functional mobility in environment
- Tripping and manoeuvering
- Reaching, pushing, pulling, lifting

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如何預防跌倒 How to Prevent Falls

運動	Exercise
• 每天進行運動以降低跌倒風險 • 增強力量和平衡	• Participate in daily exercise to reduce your risk of falling • Increases strength and balance
藥物因素	**Medication**
• 與您的家庭醫生或藥劑師進行藥物檢查	• Get a medication review with your physician or pharmacist
視力因素	**Vision**
• 進行眼科檢查 • 清潔您的眼鏡 • 使用良好燈光 • 避免使用多焦點鏡片 • 正確使用眼藥水 • 調整環境以提高能見度	• Have your eyes checked by an eye doctor • Clean your glasses • Use good lighting • Avoid multi-focal lenses • Use eye drops correctly • Modify your environment for high visibility

如何預防跌倒 （續）How to Prevent Falls (continued)

家居安全	Home Safety
• 清除絆倒障礙物和雜物	• Remove tripping hazards and clutter
• 提升生活空間的功能性	• Make your living space functional
• 使用輔助設備（欄杆、扶手、沐浴椅、移動設備）	• Use equipment to support mobility (bars, railings, bath chairs, mobility devices)
• 穿戴臀部保護器	• Wear hip protectors
• 選擇合適的鞋履	• Choose appropriate footwear
• 考慮使用醫療警報系統（例如 : 生命線）	• Consider using a medical alert system (e.g. Lifeline)

更多講座相關的社區資源已上載「安康」網站 (全面了解衰弱症活動頁面)，或按此了解更多。
You can find more related community resources on the iCON website (Event: 2024 Chinese Health Forum) or by clicking here.

www.iconproject.org　　icon.support@ubc.ca

歡迎掃描二維碼訂閱「安康」通訊，定時接收最新活動消息和健康生活資訊。
Please scan the QR code to join iCON mailing list and receive upcoming event news and healthy living tips.

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