



WILLIAMSBURG LANDING®

Safety Tips for a Fall-Free Winter

As we age, the risk of falling increases significantly according to the Center for Disease Control (CDC). Changes in one's balance, vision and muscle tone are often cited as primary reasons. Today, one of the greatest hazards of winter for retirement-age adults is falling.

Fortunately, there are a variety of measures you can take to reduce the hazards and make the winter months safer and more enjoyable.

- **Wear shoes or boots with skid-proof soles** – Snow and ice can make walking treacherous. Make sure you have “winter-safe” shoes so you’ll be less prone to slips and falls while outdoors. If you don’t have them, it’s time to go shopping for a pair. They are well worth the investment to safeguard your health.
- **Limit your time outdoors when it’s dark** – When the visibility is reduced at night or when the weather conditions are poor, it’s a good time to stay inside. It is very easy to miss an icy spot on your sidewalk or the slippery hard-packed snow in the driveway. It’s also not an ideal time to be driving your car. Winter weather conditions can be hazardous for anyone at any time, but especially at night.
- **Be careful when you shovel snow** – Shoveling a snowy driveway or an icy sidewalk significantly increases your risk of a fall. Try to find someone to do it for you. If you cannot, be sure to step carefully, take frequent breaks and do not overexert yourself.
- **Carry a cell phone** – For safety’s sake, take a cell phone with you if you are going out and always make sure it is fully charged. Program your home phone number and the “911” emergency number for your area to make sure you always have access to help if ever you need it.
Also, be sure to let someone know where you’re going and when you expect to be back. That way, they can call to seek help if you’re late in returning. It’s always a good idea to have a plan in place in the event that you fall.
- **If you use a cane, make sure it is winterized** – Be sure the rubber tip of your cane still has plenty of traction. If it feels smooth, replace it now. Additionally, you can purchase an ice-picklike attachment for your cane for icy conditions. They are available at medical supply stores or you can order one online.
- **Maintain outdoor railings** – If you have railings leading up to your front door, be sure that they are in good working condition. They should be safe and sturdy enough to bear your weight and capable of preventing you from falling if you slip on wet or icy steps.
- **Improve your strength and balance** – **Experts say that less than 40 percent of all older Americans exercise.** Unfortunately, without exercise you lose your muscle tone and strength, especially in your legs, which is essential to maintaining balance. The CDC highly recommends tai chi as a great aerobic activity as well as a way to improve your balance. The stronger your body and the better your balance, the less likely you are to slip and suffer a dangerous fall.



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Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at **Williamsburg Landing**.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., **Williamsburg Landing** is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and surrounding areas [since 1985](#). With one visit, you'll understand what makes **Williamsburg Landing** so special.

With a past rich in tradition and a future filled with promise, **Williamsburg Landing** is the perfect place to call home – for today and tomorrow.

To learn more or to schedule a tour, please [contact us](#) today!