

Aging Gracefully and Safely with your Physiotherapist: Changes in Balance

Changes in Balance

Reduced balance can happen due to many age-related changes experienced by older adults. Impaired balance can lead to falls, which may result in hospitalization.

According to the World Health Organization, a fall can be defined as unexpectedly coming to rest on the ground, floor, or other lower level.

Even if you lose your balance and catch yourself on the counter or table, that is considered a fall!

What Affects Your Balance?

- Posture
- Reflexes
- Flexibility
- Muscle and Bone Strength
- Attention and Focus
- Emotional State

What Decreases Your Balance?

- Inactive lifestyle
- Age-related changes to hearing, vision, bone strength, etc.
- Fear of falling

How You Can Improve Your Balance

- Improve your posture
- Wear proper footwear
- Proper use of walking aids
- Develop strategies to make difficult movements easier
- Evaluate your living space for optimal safety
- Adapt your tasks to gain or maintain independence and functioning
- Become more active
- Improve your mental skills

Physiotherapists can help you reach all of these goals!





How to Access Physiotherapy

You can call them directly and book an appointment. A referral from your doctor may be required depending on your insurance plan coverage.

Settings Physiotherapists Work In:

- Public health facilities
- Private clinics
- Recreation centres
- Hospitals and acute care facilities
- Long term care facilities
- Home care

Physiotherapy Specialties:

- Seniors' health
- Cardiorespirology
- Neurosciences
- Orthopaedics
- Women's health

This document was created in collaboration with the SPA, first year Master of Physiotherapy students and the Meri Misfits, who are adult "edutainers"; educating older adults about aging safely and gracefully.

How Physiotherapists Can Help You to Stay on Your Feet

Physiotherapists are licensed health care professionals with a specialized knowledge.

Physiotherapists can help you:

- Improve strength, flexibility, and coordination
- Increase movement to stay active
- Increase confidence
- Reduce pain
- Breathe easier
- Prevent injury



Making choices that improve your physical, mental, social, emotional and spiritual health will help you to continue aging gracefully and safely.

So what can you take away from all this information?

You don't need to have an injury to make an appointment. We can help you find exercises to help keep you active, reduce pain and generally help you live your life to the fullest.



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