全球银龄学院

Global Academy of Lifelong Learning

Fall Prevention and Balance

防跌倒与平衡

A self-study course in 8 lessons

自学课程，共 8 课

Steadier steps, safer home, calmer mind

步伐更稳，居家更安全，心情更从容

This course is general education only. It is not medical advice and does not replace guidance from your doctor or physical therapist.

本课程仅为一般性教育内容，不是医疗建议，不能代替医生或物理治疗师的指导。

Welcome / 欢迎

Welcome to Fall Prevention and Balance! This is a self-study course, so you can work through it at your own pace — one lesson a day, one a week, or all in your own rhythm. Each lesson takes about 60 minutes. Every lesson ends with a short self-graded quiz so you can check your own learning. You do not need to send your answers anywhere.

欢迎来到《防跌倒与平衡》！这是一门自学课程，您可以按照自己的节奏学习——每天一课、每周一课，或者完全按自己的安排。每课大约需要 60 分钟。每课末尾都有一份简短的自测小测验，方便您自己检查学习效果，答案无需上交。

Falls are common as we age, but they are not inevitable. Small, steady changes — stronger legs, a little daily balance practice, a safer home, and attention to medicines, vision, and hearing — can make a real difference. This course teaches those changes one step

at a time, gently and practically.

随着年龄增长，跌倒比较常见，但并非不可避免。一些小而持续的改变——更强壮的腿部、每天一点平衡练习、更安全的居家环境，以及对药物、视力和听力的关注——都能带来真正的改变。本课程将一步一步、温和而实用地教您这些方法。

Before you begin — please read / 开始之前，请先阅读

Check with your doctor or physical therapist before starting new exercises, especially if you have fallen before, had surgery, or have a condition that affects your balance. Stop any exercise that causes pain, dizziness, or unsteadiness, and sit down and rest. Every standing exercise in this course has a seated or chair-supported option — always use a sturdy chair or counter for support when you practice balance.

在开始新的锻炼之前，请先咨询您的医生或物理治疗师，特别是如果您曾经跌倒、做过手术，或者患有影响平衡的疾病。如果任何锻炼引起疼痛、头晕或站立不稳，请立即停止，坐下来休息。本课程中的每个站立练习都有坐姿或扶椅的替代做法——练习平衡时，请始终扶住结实的椅子或台面作为支撑。

How to use this course / 如何使用本课程

1. Read one lesson at a time, in order. / 按顺序一次读一课。
2. Do the "Try this" practice the same day if you can. / 当天尽量完成"试一试"练习。
3. Take the quiz at the end of each lesson and check your answers. / 每课结束后做小测验并核对答案。
4. Tick off the progress checklist at the end of the course. / 课程结束时勾选进度清单。

Lesson 1 / 第 1 课：Why Falls Happen and Why Balance Changes as We Age

为什么会跌倒，为什么平衡会随年龄变化

> **Goal / 本课目标：** By the end of this lesson, you can name three common reasons falls happen and explain in your own words why balance changes as we age.
>
> 学完本课，您能说出跌倒的三个常见原因，并用自己的话解释平衡为什么会随年龄变化。

Balance is a team effort / 平衡是多方协作的结果

Balance is not one single skill. It is teamwork between your eyes, your inner ears, the feeling in your feet and joints, and your muscles. Your brain takes all of these signals and makes tiny corrections all day long, without you thinking about it. As we age, each part of the team can slow down a little: eyesight dims, the inner ear becomes less sensitive, feeling in the feet lessens, and leg muscles weaken. When several small changes happen together, a trip or a sudden turn can more easily become a fall.

平衡不是单一的技能，而是多方协作的结果：眼睛、内耳、脚和关节的感觉，以及肌肉共同工作。大脑整天接收这些信号并做出微小的调整，而您并不会刻意去想。随着年龄增长，团队中的每一部分都会稍稍变慢：视力减弱，内耳敏感度下降，脚部感觉变迟钝，腿部肌肉变弱。当几个小变化同时出现时，一次绊倒或突然转身就更容易导致跌倒。

Common reasons falls happen / 跌倒的常见原因

1. **Trips and slips at home:** loose rugs, cords, clutter, wet floors, poor lighting. / **家中绊倒和滑倒：**松动的

地毯、电线、杂物、潮湿的地面、光线不足。

2. **Muscle weakness and stiffness:** legs that tire quickly, ankles that do not bend easily, difficulty rising from a chair. / **肌肉无力和僵硬：**腿部容易疲劳、脚踝不易弯曲、从椅子上站起来困难。
3. **Dizziness or low blood pressure:** standing up too fast, some medicines, dehydration. / **头晕或低血压：**起身过快、某些药物、缺水。
4. **Vision and hearing changes:** missing a step edge, not hearing a warning, poor depth perception. / **视力和听力变化：**看不清台阶边缘、听不到提醒、深度感变差。
5. **Rushing and multitasking:** hurrying to the phone or door, carrying too much, walking in the dark. / **匆忙和分心：**匆忙去接电话或开门、手里拿太多东西、摸黑走路。

The good news: most of these causes can be improved. That is what the rest of this course is about.

好消息是：大多数原因都可以改善。这正是本课程其余部分要讲的内容。

> **Try this / 试一试：**Walk slowly through your home today and

write down three things that could trip you — a rug corner, a cord, a dark hallway. You will fix them in Lesson 4. / 今天慢慢在家中走一圈，写下三件可能绊倒您的东西——地毯边角、电线、昏暗的走廊。第 4 课我们会来处理它们。

Quiz 1 — Check yourself / 第 1 课小测验

1.Balance depends on the eyes, inner ears, feeling in the feet, and muscles working together. True or false? / 平衡依靠眼睛、内耳、脚部感觉和肌肉共同工作。对还是错?

2.Name two common causes of falls at home. / 说出两个家中跌倒的常见原因。

3.Why can a small change in several body systems together raise fall risk more than one change alone? / 为什么身体多个系统同时出现小变化，比单一变化更容易增加跌倒风险?

4.Which is safer: rushing to answer the phone, or letting it ring and walking steadily? / 匆忙跑去接电话和稳步走过去，哪一个更安全?

5.What should you do if an exercise in this course causes dizziness? / 如果本课程中的锻炼引起头晕，您应该怎么做?

> **Answers / 答案：** 1. True. / 对。 2. Any two: loose rugs, cords, clutter, wet floors, poor lighting, weakness, dizziness, vision or hearing changes, rushing. / 任选两项：松动的地毯、电线、杂物、潮湿的地面、光线不足、无力、头晕、视力或听力变化、匆忙。 3. Because balance is teamwork — when several signals weaken at once, the brain has less information to correct a stumble. / 因为平衡是团队协作——多个信号同时减弱时，大脑用来纠正踉跄的信息就更少。 4. Walking steadily. / 稳步走过去。 5. Stop, sit down, rest, and check with your doctor or physical therapist before continuing. / 停下来，坐下休息，并在继续之前咨询医生或物理治疗师。

Lesson 2 / 第 2 课：Strength for Steadier Steps: Legs, Ankles, and Core

让步伐更稳的力量：腿部、脚踝和核心

> **Goal / 本课目标：** By the end of this lesson, you can do three gentle leg-strengthening exercises safely, with chair support.
> 学完本课，您能在扶椅支撑下安全地完成三个温和的腿部力量练习。

Why strength matters / 为什么力量很重要

Strong legs catch you when you stumble. When leg

muscles are weak, a small trip becomes a fall because the leg cannot step out quickly enough. The good news is that leg strength responds to gentle practice at any age. You do not need a gym — a sturdy chair and ten minutes a day are enough to start.

强壮的腿能在您踉跄时稳住身体。腿部肌肉无力时，一次小小的绊倒就可能变成跌倒，因为腿来不及迅速迈出。好消息是，腿部力量在任何年龄都可以通过温和的练习得到改善。您不需要去健身房——一把结实的椅子和每天十分钟就足够开始。

Three exercises to practice / 三个练习

1. **Chair stands / 坐站练习：** Sit in a sturdy chair with your feet flat. Lean slightly forward and stand up slowly, using the chair arms if needed. Sit down slowly. Repeat 5 times. / 坐在结实的椅子上，双脚平放。身体稍稍前倾，慢慢站起来，必要时扶椅子扶手。慢慢坐下。重复 5 次。
2. **Heel raises / 提踵练习：** Stand behind the chair, holding its back. Rise slowly onto your toes, hold for 2 seconds, lower slowly. Repeat 8 times. / 站在椅子后面，扶住椅背。慢慢踮起脚尖，保持 2 秒，慢慢放

下。重复 8 次。

3. **Ankle circles / 脚踝绕圈：** Sit down. Lift one foot slightly and draw slow circles with your toes, 5 each way, then switch feet. / 坐下来。稍稍抬起一只脚，用脚趾慢慢画圈，每方向 5 次，然后换脚。

Move slowly. Breathe normally. Mild muscle effort is fine; sharp pain is not — stop if anything hurts.

动作要慢，保持正常呼吸。肌肉轻微用力是正常的；剧烈疼痛则不正常——如果感到疼痛请停止。

Try this / 试一试： Do the three exercises today, holding the chair the whole time. Write down how many repetitions felt comfortable. Try to add one repetition next week, not today. / 今天扶着椅子完成这三个练习。记下做多少次感觉舒适。下周再增加一次，而不是今天。

Quiz 2 — Check yourself / 第 2 课小测验

1. Why do strong legs help prevent falls? / 为什么强壮的腿有助于预防跌倒？

2. What should you hold for support during heel raises? / 做提

踵练习时应该扶住什么？

3.How many chair stands does this lesson suggest to start? / 本课建议开始时做几次坐站练习？

4.Should you push through sharp pain during an exercise? / 锻炼时出现剧烈疼痛，是否应该忍痛继续？

5.Name one seated exercise from this lesson. / 说出本课中的一个坐姿练习。

Answers / 答案：1. Strong legs can step out quickly and catch you when you stumble. / 强壮的腿能在踉跄时迅速迈出并稳住身体。 2. The back of a sturdy chair (or a counter). / 结实椅子的椅背（或台面）。 3. Five. / 5 次。 4. No — stop and rest. / 不——应停下来休息。 5. Ankle circles (or chair stands done slowly). / 脚踝绕圈（或慢慢做的坐站练习）。

Lesson 3 / 第 3 课：Balance Practice: Standing Tall and Shifting Weight Safely

平衡练习：挺直站立，安全地转移重心

Goal / 本课目标：By the end of this lesson, you can practice

> three safe balance exercises with support, and you know when to stop.
>
> 学完本课，您能在支撑下练习三个安全的平衡动作，并知道何时应该停止。

Balance improves with practice / 平衡可以通过练习改善

Balance is like a skill: it gets better when you practice it a little, often. The secret is to practice in a safe way — near support, moving slowly, and never forcing yourself to the point of wobbling dangerously. A few minutes a day is better than one long, tiring session.

平衡就像一项技能：经常少量练习就会改善。秘诀是安全地练习——靠近支撑物、动作缓慢，绝不要勉强自己到危险摇晃的程度。每天几分钟比一次长时间、令人疲倦的练习更好。

Three safe balance exercises / 三个安全的平衡练习

1. **Weight shifts / 重心转移：** Stand behind a chair, holding its back. Shift your weight slowly to your left foot, hold 5 seconds, shift to your right foot, hold 5 seconds. Repeat 5 times each side. / 站在椅子

后面，扶住椅背。慢慢把重心移到左脚，保持 5 秒，再移到右脚，保持 5 秒。每侧重复 5 次。

2. **Heel-to-toe standing / 足跟对足尖站立：** Hold the chair. Place one foot directly in front of the other, heel touching toes, like standing on a line. Hold 10 seconds if comfortable, then switch feet. If this feels too hard, place the feet slightly apart instead. / 扶住椅子。一只脚直接放在另一只脚前面，足跟贴足尖，像站在一条线上。如果感觉舒适，保持 10 秒，然后换脚。如果感觉太难，可以把双脚稍稍分开。
3. **Seated marching / 坐姿踏步：** Sit tall in a chair. Lift one knee, lower it, lift the other knee, lower it — a slow march. Do 10 steps. This builds the same coordination without standing risk. / 在椅子上坐直。抬起一只膝盖，放下，再抬起另一只膝盖，放下——缓慢地踏步。做 10 步。这个练习同样能锻炼协调性，而且没有站立的风险。

Always practice near support. If you feel dizzy, sit down at once.

练习时始终靠近支撑物。如果感到头晕，立即坐下。

> **Try this / 试一试：** While waiting for the kettle to boil or the

microwave to finish, hold the counter and do 5 weight shifts on each side. Small moments add up. / 在等水烧开或微波炉完成时，扶住台面，每侧做 5 次重心转移。点滴积累，积少成多。

Quiz 3 — Check yourself / 第 3 课小测验

1.Is a few minutes of balance practice every day better than one long, tiring session? / 每天几分钟的平衡练习是否比一次长时间、令人疲倦的练习更好?

2.What should you always hold or stay near during balance practice? / 平衡练习时应始终扶住或靠近什么?

3.Describe heel-to-toe standing in one sentence. / 用一句话描述足跟对足尖站立。

4.If heel-to-toe standing feels too hard, what easier version does this lesson suggest? / 如果足跟对足尖站立感觉太难，本课建议的简单版本是什么?

5.What should you do immediately if you feel dizzy during practice? / 练习时感到头晕，应立即怎么做?

Answers / 答案： 1. Yes. / 是。 2. A sturdy chair or

> counter for support. / 结实的椅子或台面。 3. One foot directly in front of the other, heel touching toes, as if standing on a line. / 一只脚直接放在另一只脚前面，足跟贴足尖，像站在一条线上。 4. Place the feet slightly apart instead. / 把双脚稍稍分开。 5. Sit down at once and rest. / 立即坐下休息。

Lesson 4 / 第 4 课：Your Home, Safer Room by Room: Kitchens, Bathrooms, and Stairs

让居家更安全：厨房、浴室和楼梯逐间检查

> **Goal / 本课目标：** By the end of this lesson, you can check each room of your home for fall hazards and name one fix for each hazard you find.
>
> 学完本课，您能检查家中每个房间的跌倒隐患，并针对每个隐患说出一种解决方法。

Most falls happen at home — and most hazards can be fixed / 大多数跌倒发生在家中——而大多数隐患都可以消除

Your home is familiar, which is exactly why hazards hide in plain sight: the rug you have stepped over for years,

the dark hallway you know by heart, the bathroom floor that gets slippery. A slow room-by-room check, done once, makes every day safer.

家是最熟悉的地方，而这正是隐患容易被忽视的原因：多年来一直跨过的地毯、凭记忆摸黑走过的走廊、容易打滑的浴室地面。花一次时间慢慢逐间检查，能让每一天都更安全。

Room-by-room checklist / 逐间检查清单

- **Everywhere / 所有房间：** Remove or tape down loose rugs; move cords against walls; keep walkways clear of clutter; add night-lights in hallways. / 拿走或固定松动的地毯；把电线靠墙收好；保持走道无杂物；在走廊加装夜灯。
- **Kitchen / 厨房：** Keep everyday items within easy reach — no climbing on chairs or stools. Wipe spills at once. Wear firm, low-heeled shoes, not loose slippers. / 常用物品放在随手可及处——不要爬椅子或凳子。洒出的东西立即擦干净。穿合脚、低跟的鞋，不要穿松垮的拖鞋。
- **Bathroom / 浴室：** Install grab bars by the toilet and in the shower or tub (suction bars alone are not enough). Use a non-slip mat. Consider a shower

chair. / 在马桶旁和淋浴间或浴缸旁安装扶手（仅靠吸盘的扶手不够牢固）。使用防滑垫。可以考虑使用淋浴椅。

- **Stairs / 楼梯：** Hold the handrail every time, even for one step. Keep stairs well lit and free of objects. Mark the edge of the top and bottom steps with bright tape if they are hard to see. / 每次上下楼梯都要扶扶手，哪怕只有一级台阶。保持楼梯光线充足、无杂物。如果最上和最下一级台阶边缘难以看清，可以用亮色胶带标出。
- **Bedroom / 卧室：** Keep a lamp or light within reach of the bed. Sit on the edge of the bed for a moment before standing, especially at night. / 在床边放一盏随手可及的灯。起床时先在床边坐一会儿再站起来，夜间尤其如此。

> **Try this / 试一试：** Use the Lesson 1 list of three hazards from your home walk-through, and fix one today — tape a rug corner, move a cord, plug in a night-light. / 拿出第 1 课中您在家中找到的三个隐患清单，今天先解决一个——固定地毯边角、移开一根电线、插上一盏夜灯。

Quiz 4 — Check yourself / 第 4 课小测验

1.Why should you not rely on suction grab bars alone in the bathroom? / 为什么浴室里不能只依靠吸盘扶手?

2.What is one way to make stairs safer? / 说出一种让楼梯更安全的方法。

3.Why is it wise to sit on the edge of the bed before standing at night? / 为什么夜间起床时先在床边坐一会儿是明智的?

4.Name two things to check in the kitchen. / 说出厨房中要检查的两件事。

5.True or false: loose rugs are harmless because you are used to them. / 对还是错：松动的地毯无害，因为您已经习惯了。

Answers / 答案：1. Suction bars can come loose; properly installed grab bars are secure. / 吸盘扶手可能松脱；正确安装的扶手才牢固。 2. Any one: always hold the handrail, keep stairs lit, keep them clear, mark step edges. / 任选一项：始终扶扶手、保持光线充足、保持无杂物、标出台阶边缘。 3. It lets blood pressure adjust and reduces dizziness when standing. / 这样可以让血压有时间调整，减少站起时的头晕。 4. Any two: items within reach, no climbing, wipe spills, firm low-heeled shoes. / 任选两项：物品随手可及、不爬高、及时擦净洒出物、穿合脚

> 低跟鞋。 5. False — familiar rugs still trip people. / 错
> ——熟悉的地毯同样会绊倒人。

Lesson 5 / 第 5 课：Shoes, Walking Aids, and Moving with Confidence Outdoors

鞋子、助行器具和自信地户外行走

> **Goal / 本课目标：** By the end of this lesson, you can choose safer footwear, use a cane or walker correctly, and plan an outdoor walk with confidence.
> 学完本课，您能选择更安全的鞋子、正确使用手杖或助行器，并自信地规划一次户外散步。

Footwear: small choice, big difference / 鞋子：小选择，大不同

Good shoes for steady walking are: low-heeled, firm-soled, with a back that holds the heel, and fastened with laces or straps — not slip-ons that flop. Avoid high heels, smooth leather soles, and loose, thick-soled slippers. If your shoes are worn unevenly, it is time for a new pair.

适合稳步行走的好鞋是：低跟、硬底、有包住脚跟的后帮、

用鞋带或搭扣系紧——而不是松垮的套脚鞋。避免高跟鞋、光滑的皮底鞋和松厚底的拖鞋。如果鞋底磨损不均，就是时候换新鞋了。

Canes and walkers: tools, not defeats / 手杖和助行器：是工具，不是失败

A cane or walker is like glasses for walking: a tool that helps you do more, not less. Have it fitted to your height — when you stand tall with arms relaxed, the handle should reach your wrist bone. Use it on the side your therapist or doctor advises, keep the rubber tip in good condition, and always use it, even for short trips inside the house, if that is what you were advised.

手杖或助行器就像走路用的眼镜：是帮助您做得更多的工具，而不是更少。请根据您的身高调整——挺直站立、手臂自然放松时，把手应到达手腕骨的高度。按照治疗师或医生的建议，在相应一侧使用；保持橡胶脚垫完好；如果医生建议使用，即使在家中短距离行走也要使用。

Outdoors with confidence / 自信地户外行走

- Choose even, well-lit paths; avoid wet leaves, ice,

and uneven curbs when you can. / 选择平坦、光线好的路面；尽量避开湿树叶、冰面和不平的路缘。

- Take your time. Pause and look before stepping off a curb or crossing a road. / 慢慢来。下路缘或过马路前先停下来观察。
- Carry a phone and let someone know where you are going. / 带上手机，并告诉家人您要去哪里。
- In rain or cold, wear gloves that still let you grip, and a hat that does not block your view. / 雨天或寒冷天气，戴既能保暖又不影响抓握的手套，戴不遮挡视线的帽子。

> **Try this / 试一试：** Check your most-worn pair of shoes today: soles, heels, fastening. If they fail the test above, put them aside for indoor rest only and plan a replacement. / 今天检查您最常穿的一双鞋：鞋底、鞋跟、系带。如果不符合上述标准，就只留在室内休息时穿，并计划换一双。

Quiz 5 — Check yourself / 第 5 课小测验

1. Name three features of a safe walking shoe. / 说出安全步行鞋的三个特点。

2.How do you check whether a cane is the right height? / 如何检查手杖的高度是否合适?

3.True or false: you only need your cane for long walks outside. / 对还是错：只有在户外长距离行走时才需要手杖。

4.What two things should you do before an outdoor walk? / 户外散步前应做哪两件事?

5.Why should you avoid smooth leather soles? / 为什么应避免光滑的皮底鞋?

Answers / 答案： 1. Any three: low heel, firm sole, heel enclosed, laces or straps. / 任选三项：低跟、硬底、包住脚跟、鞋带或搭扣。 2. Stand tall with arms relaxed — the handle should reach your wrist bone. / 挺直站立、手臂自然放松时，把手应到达手腕骨。 3. False — use it whenever advised, including short indoor trips. / 错——只要医生建议，无论室内短距离也要使用。 4. Any two: choose a safe path, carry a phone, tell someone where you are going, check the weather. / 任选两项：选择安全的路面、带手机、告诉家人去向、查看天气。 5. They are slippery. / 因为容易打滑。

Lesson 6 / 第 6 课：Medicines, Vision, and Hearing: Hidden Fall Risks to Check

药物、视力和听力：需要检查的隐性跌倒风险

> **Goal / 本课目标：** By the end of this lesson, you can list the hidden fall risks to discuss with your doctor and pharmacist, and you know how to prepare for that conversation.
>
> 学完本课，您能列出需要与医生和药剂师讨论的隐性跌倒风险，并知道如何为这次谈话做准备。

Some risks are invisible / 有些风险是看不见的

Not every fall risk is a rug or a weak leg. Some hide in your medicine cabinet, your glasses, or your ears. The good news: these can be checked, often in a single appointment.

并非每个跌倒风险都是一块地毯或一条无力的腿。有些藏在药柜里、眼镜里或耳朵里。好消息是：这些通常可以在一次就诊中检查出来。

Medicines / 药物

Some medicines — especially sleeping pills, some blood

pressure medicines, some pain medicines, and combinations of several medicines — can cause dizziness, drowsiness, or a drop in blood pressure when you stand. Never stop a medicine on your own, but do ask your doctor or pharmacist: "Could any of my medicines affect my balance?" Bring a complete list of everything you take, including over-the-counter medicines, vitamins, and herbal products.

有些药物——特别是安眠药、某些降压药、某些止痛药，以及多种药物联合使用——可能引起头晕、嗜睡，或站立时血压下降。切勿自行停药，但一定要问医生或药剂师："我的药物中有没有会影响平衡的？"并带上您服用的所有药物清单，包括非处方药、维生素和草药产品。

Vision and hearing / 视力和听力

Have your eyes checked every year or two: cataracts, outdated glasses, and bifocals that blur the step below you all raise risk. Keep glasses clean and wear them when walking. Hearing matters too — hearing loss makes it harder to notice traffic, alarms, or a warning call, and it is linked to poorer balance. If you have hearing aids, wear them.

每一年或两年检查一次眼睛：白内障、度数不合适的眼镜、让您看不清脚下台阶的双光眼镜都会增加风险。保持眼镜清洁，行走时戴上眼镜。听力同样重要——听力下降会使您更难注意到车辆、警报或提醒呼喊，而且与平衡变差有关。如果您有助听器，请戴上它。

Try this / 试一试： Make your complete medicine list today — every pill, drop, vitamin, and cream — and put it in your bag for your next appointment. Also book an eye check if you have not had one in the past two years. / 今天就列出完整的药物清单——每一种药片、药水、维生素和药膏——放进包里，准备下次就诊时带上。如果过去两年没有检查过眼睛，也请预约一次眼科检查。

Quiz 6 — Check yourself / 第 6 课小测验

1.Name three kinds of medicines that can sometimes affect balance. / 说出三类有时会影响平衡的药物。

2.Should you stop a medicine yourself if you think it makes you dizzy? / 如果您认为某种药物让您头晕，是否应该自行停药？

3.What should you bring to the appointment when discussing

medicines? / 讨论药物时，就诊应带上什么？

4.How often should you have your eyes checked? / 应该多久检查一次眼睛？

5.Why does hearing matter for fall safety? / 为什么听力对防跌倒安全很重要？

Answers / 答案：1. Any three: sleeping pills, some blood pressure medicines, some pain medicines (or combinations of several medicines). / 任选三项：安眠药、某些降压药、某些止痛药（或多种药物联合使用）。 2. No — ask your doctor or pharmacist first. / 不——应先问医生或药剂师。 3. A complete list of everything you take, including over-the-counter medicines, vitamins, and herbal products. / 您服用的所有药物清单，包括非处方药、维生素和草药产品。 4. Every year or two. / 每一年或两年。 5. Hearing loss makes it harder to notice traffic, alarms, or warnings, and is linked to poorer balance. / 听力下降会使人更难注意到车辆、警报或提醒，而且与平衡变差有关。

Lesson 7 / 第 7 课：Getting Up Safely and What to Do After a Fall

安全起身以及跌倒后该怎么办

> **Goal / 本课目标：** By the end of this lesson, you can describe the safe steps for getting up after a fall, and you know when to call for help instead.
>
> 学完本课，您能描述跌倒后安全起身的步骤，并知道何时应呼救而不是自行起身。

Stay calm first / 首先保持冷静

A fall is frightening, and the urge is to jump up at once. That is exactly when a second injury happens. Instead: lie still for a moment, breathe, and check yourself. Can you move your arms and legs? Does anything hurt sharply? Are you dizzy? If you feel faint, have severe pain, or cannot move something, do not try to get up — call for help or press your emergency button if you have one.

跌倒很吓人，第一反应是立刻跳起来。而这恰恰是造成二次伤害的时候。相反：先躺一会儿，深呼吸，检查自己。手臂和腿能动吗？有没有剧烈疼痛？是否头晕？如果感到虚弱、

有严重疼痛或某个部位无法活动，不要尝试起身——呼救，或按下紧急呼叫器（如果有的话）。

Getting up safely, step by step / 一步一步安全起身

1. Roll onto your side, then onto your hands and knees. / 翻身侧卧，再转到手和膝盖着地的姿势。
2. Crawl to the nearest sturdy furniture, such as a chair. / 爬向最近的结实家具，比如椅子。
3. Place both hands on the seat, lift one foot flat on the floor, and push up slowly. / 双手放在椅面上，一只脚平放在地面，慢慢推起身体。
4. Sit on the chair and rest. Do not rush to walk. / 坐在椅子上休息。不要急于行走。

Practice these steps in your mind, and if your doctor or therapist agrees, practice them on a soft surface with someone nearby. Knowing the steps in advance makes them far easier when you are shaken.

先在脑海中练习这些步骤；如果医生或治疗师同意，也可以在柔软的地面上、在有人陪同的情况下实际练习。提前熟悉步骤，能让您在惊慌时更容易做到。

After any fall, tell someone / 任何跌倒后都要告诉他人

Even if you feel fine, tell your doctor about every fall. A fall is useful information: it may point to a medicine, a vision problem, or a home hazard that can be fixed before the next one. Keep a simple note: the date, where you fell, what you were doing, and how you felt.

即使感觉没事，也要把每一次跌倒告诉医生。跌倒是有用的信息：它可能指向某种药物、视力问题或可以消除的居家隐患，从而避免下一次跌倒。简单记录一下：日期、跌倒地点、当时在做什么、感觉如何。

> **Try this / 试一试：** Put your phone or emergency button where you can reach it from the floor, and check that it works. Tell one family member or friend: "If I fall and call, this is what I need." / 把手机或紧急呼叫器放在从地面也能拿到的地方，并检查它是否能用。告诉一位家人或朋友："如果我跌倒并呼救，我需要的是这样。"

Quiz 7 — Check yourself / 第 7 课小测验

1. What is the first thing to do after a fall? / 跌倒后首先应该做什么?

2. When should you NOT try to get up by yourself? / 在什么情况

下不应尝试自行起身？

3.List the four steps for getting up safely. / 列出安全起身的四个步骤。

4.Why should you tell your doctor about a fall even if you feel fine? / 即使感觉没事，为什么也要把跌倒告诉医生？

5.What four things should your fall note record? / 跌倒记录应记下哪四件事？

Answers / 答案： 1. Lie still a moment, breathe, and check yourself for pain, dizziness, or inability to move. / 先躺一会儿，深呼吸，检查自己是否有疼痛、头晕或无法活动。 2. If you feel faint, have severe pain, or cannot move something — call for help instead. / 如果感到虚弱、有严重疼痛或某个部位无法活动——应呼救。 3. Roll to side, then hands and knees; crawl to sturdy furniture; hands on seat, one foot flat, push up slowly; sit and rest. / 翻身侧卧再转到手膝着地；爬向结实家具；双手撑椅面、一脚平放、慢慢推起；坐下休息。 4. A fall may point to a fixable cause, such as a medicine, vision problem, or home hazard. / 跌倒可能指向可以解决的原因，如药物、视力问题或居家隐患。 5. Date, place, what you were doing, and how you felt. / 日期、地点、当时在做什么、感觉如何。

Lesson 8 / 第 8 课：My Fall Prevention Plan: Daily Habits for Steady Living

我的防跌倒计划：稳健生活的日常习惯

> **Goal / 本课目标：** By the end of this lesson, you will have a written personal fall prevention plan you can start tomorrow.
>
> 学完本课，您将拥有一份可以从明天开始执行的个人防跌倒计划。

Small habits, every day / 每天的小习惯

Fall prevention is not a single project. It is a handful of small habits repeated daily: a few minutes of leg and balance practice, shoes that fit, lights on at night, medicines reviewed, eyes checked, and no rushing. The plan below brings everything from this course together. Fill it in honestly — it is for you, not for anyone else.

防跌倒不是一次性的工程，而是每天重复的几个小习惯：几分钟腿部和平衡练习、合脚的鞋、夜间开灯、复查药物、检查眼睛、不匆忙。下面的计划汇总了本课程的全部内容。请如实填写——这是为您自己准备的，不是给别人看的。

My Fall Prevention Plan / 我的防跌倒计划

- Daily practice I will do: _____ (for example: 5 chair stands and 5 weight shifts each morning). / 我每天要做的练习：_____（例如：每天早上做 5 次坐站练习和 5 次重心转移）。
- Home fix I will finish this week: _____. / 本周要完成的居家改善：_____。
- My safe shoes are: _____. / 我的安全鞋是：_____。
- My cane or walker (if advised) is kept at: _____. / 我的手杖或助行器（如医生建议使用）放在：_____。
- My medicine list is kept at: _____, and my next medicine review is on: _____. / 我的药物清单放在：_____，下次药物复查日期：_____。
- My next eye check is on: _____. My hearing aids (if any) are kept at: _____. / 我下次眼科检查日期：_____。我的助听器（如有）放在：_____。

- If I fall, my phone or emergency button is at: _____, and the person I will call is: _____. / 如果跌倒，我的手机或紧急呼叫器在：_____，我要联系的人是：_____。
- One habit I will change this week (for example: no rushing to the door): _____. / 本周我要改变的一个习惯（例如：不再匆忙跑去开门）：_____。

Review this plan once a month. Cross out what is done, add what is new, and celebrate steady progress — every week without a fall is a success.

每月回顾一次这份计划。划掉已完成的部分，补充新的内容，并为稳步的进步而庆祝——每一周没有跌倒都是一次成功。

Try this / 试一试： Fill in your plan today, and share it with one family member or friend. A plan shared is a plan remembered. / 今天就填写您的计划，并与一位家人或朋友分享。分享出来的计划才更容易被记住。

Quiz 8 — Check yourself / 第 8 课小测验

1.Name three daily habits from this course that help prevent falls. / 说出本课程中三个有助于预防跌倒的日常习惯。

2.How often should you review your fall prevention plan? / 应该多久回顾一次防跌倒计划?

3.Why is it helpful to share your plan with a family member or friend? / 为什么与家人或朋友分享计划会有帮助?

4.What should you do with items on your plan that are finished? / 计划中已完成的事项应该怎么处理?

5.True or false: fall prevention is a one-time project you finish and forget. / 对还是错：防跌倒是做完就可以忘记的一次性工程。

Answers / 答案： 1. Any three: daily leg/balance practice, safe shoes, lights at night, medicine review, eye checks, no rushing, home fixes, using a cane or walker as advised. / 任选三项：每天腿部/平衡练习、安全的鞋、夜间开灯、药物复查、眼科检查、不匆忙、居家改善、按建议使用手杖或助行器。 2. Once a month. / 每月一次。 3. A plan shared is a plan remembered — and someone else can help or check on you. / 分享出来的计划更容易被记住，而且他人也能帮助或关心您。 4. Cross them out and add

> what is new. / 划掉它们，并补充新的内容。 5. False — it is small habits repeated daily. / 错——它是每天重复的小习惯。

Progress Checklist / 进度清单

☐ Lesson 1: Why Falls Happen / 第 1 课：为什么会跌倒

☐ Lesson 2: Strength for Steadier Steps / 第 2 课：让步伐更稳的力量

☐ Lesson 3: Balance Practice / 第 3 课：平衡练习

☐ Lesson 4: Your Home, Safer Room by Room / 第 4 课：让居家更安全

☐ Lesson 5: Shoes, Walking Aids, and Outdoors / 第 5 课：鞋子、助行器具和户外行走

☐ Lesson 6: Medicines, Vision, and Hearing / 第 6 课：药物、视力和听力

☐ Lesson 7: Getting Up Safely and After a Fall / 第 7 课：安全起身以及跌倒后该怎么办

☐ Lesson 8: My Fall Prevention Plan / 第 8 课：我的防

跌倒计划

Congratulations on finishing Fall Prevention and Balance! Keep your plan where you can see it, practice a little every day, and walk steadily and confidently. Remember: check with your doctor or physical therapist before starting new exercises, and stop any exercise that causes pain, dizziness, or unsteadiness.

祝贺您完成《防跌倒与平衡》！请把您的计划放在看得见的地方，每天练习一点，稳步而自信地行走。请记住：开始新的锻炼前请咨询医生或物理治疗师，任何引起疼痛、头晕或站立不稳的锻炼都应停止。