

Fall Prevention Measures

KEY SAFETY TIPS:

- Keep emergency number in large print near each phone
- Put a phone near the floor in case you fall and can't get up
- Think about wearing an alarm device that will bring help in case you fall and can't access a phone
- Regular exercise can help make you stronger and improve balance and coordination
- Have your doctor/pharmacist look at all your medicines – some medicines can make you sleepy or dizzy and should not be mixed with others
- Have your vision checked at least once a year
- Get up slowly after you sit or lie down
- Wear sturdy shoes with non-slip soles

FLOORS – Look at the floor in each room:

- When you walk in a room do you have to walk around furniture? If YES ask someone to move the furniture so your path is clear.
- Do you have area rugs on the floor? If YES remove the rugs or use non-slip backing so the rugs won't slip.
- Are paper, magazines, books, shoes, boxes, blankets, towels, and/or other objects on the floor? If YES pick up things that are on the floor and keep out of your path.
- Do you have to walk over or around cords or wires? If YES roll up or tape cords/wires next to a wall so they are out of your path.

STAIRS & STEPS – Look at the stairs you use both inside and outside your home:

- Are some steps broken or uneven? If YES fix the loose or uneven steps
- Are you missing a light over the stairway? If YES have a handyman/electrician install an overhead light at the top and bottom of the stairs.
- Has the stairway light burned out? If YES have a friend or family member change the bulb.
- Is there only one light switch for your stairs? If YES have a handyman/electrician install a light switch where it is needed.
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs? If YES fix loose handrails or put in new ones so they are on both sides of the stairs.

KITCHEN – Look at your kitchen and eating area:

- Are the things you use on high shelves? If YES ask friends or family to place things on lower shelves or cabinets.
- Is your step stool unsteady? If YES get a stool with a bar to hold on to, not a chair.

BEDROOMS – Look at all your bedrooms:

- Is the light near the bed hard to reach? If YES place a lamp close to the bed.
- Is the path from your bed to the bathroom dark? If YES put a night-light so you can see where you're walking.

BATHROOMS – Look at all your bathrooms:

- Is the floor in your tub or shower slippery? If YES put a non-slip rubber mat or self-stick strips.
- Do you have support when you get in and out of the tub or up from the toilet? If YES have a handyman put in hand rails next to and inside the tub and by the toilet.