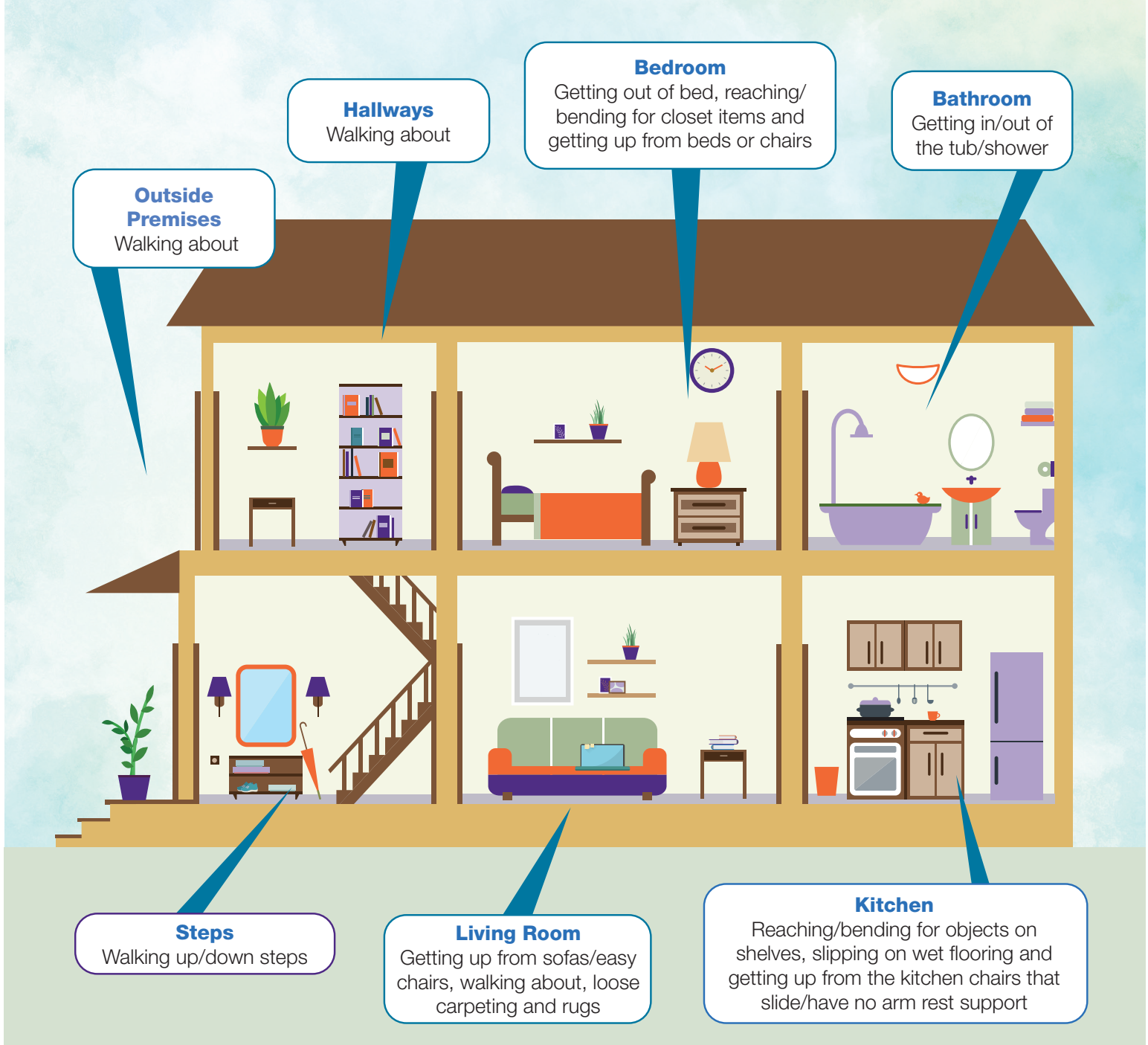


Fall Prevention Tips

As we age, balance becomes a significant issue. The home can be hazardous without a fall-prevention strategy. Be aware of dangerous spaces in your home.



Fall Prevention TIP SHEET

Falls are the leading cause of both FATAL and nonfatal injuries among older adults. Use this tip sheet to prevent falls and to help keep your loved one safe in the comfort of their own environment.

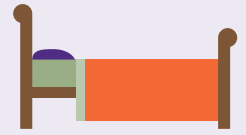


Bathroom

70% of all falls in the home occur in the bathroom

- Install grab bars with color contrast near the tub, shower and toilet located and mounted properly.
- Ensure nonslip surfaces in tub or shower, good lighting and night lights.
- Place rugs or bathmats with non-slip backing on the floor.
- Add a shower/tub seat and hand held shower head.
- Add a bedside commode and toilet riser with grab bars nearby.
- Ensure that the bathroom door opens outwards or install sliding pocket door/hanging curtain.

Bedroom



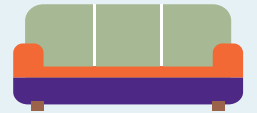
- Place a bedside table with non-tip lamp and room for eyeglasses. Make sure the light is within reach.
- Clear a traffic area from the bedroom to the bathroom. Remove clutter so paths are wide, straight and clear.
- Place a sturdy chair with arm rests to aid in dressing.
- Remove all throw rugs. Use non-slip rugs/mats.
- Increase lighting to and from the bedroom and the bathroom.
- Use a side rail to assist with positioning.



Kitchen

- Place items where they can be reached without use of step stool.
- Clean up spills immediately. Stay off freshly mopped floors until dry.
- Place a water-absorbent, non-slip mat in front of the sink.
- Use kitchen chairs that will allow sitting and standing up more easily.
- Provide area to sit during food preparation.
- Remove throw rugs with cracks, splits or up-turned edges. Remove throw rugs or secure them with non-slip backing.

Stairs and Living Room



- Provide plenty of room to move at the top and bottom of stairs with an uncluttered, clear path.
- Repair faulty step/coverings.
- Install carpet or non-slip rubber treads on each step; no loose carpeting/rugs or edges to trip on.
- Attach and secure handrails at the proper height and make sure to use them.
- Wear supportive footwear with slip-resistant soles or gripper type socks.
- Ensure there is proper lighting on all steps, switches at top and bottom of stairs.
- Relocate low-lying coffee tables (may be difficult to see).



Outside and Walking Areas

50% of all outdoor falls are related to walking activity and in 70% of outdoor falls, people land on hard surfaces

- Remove clutter or furnishings from pathways. Create wide, straight and clear walkways.
- Remove throw rugs or secure them with non-slip backing.
- Install handrails or sturdy outdoor railings around deck/patio areas.
- Replace steps with ramp access as needed and/or make sure steps are even and in good shape.
- Paint the edges of the steps with a color contrast or use glow in the dark duct tape.
- Wear correct eye-wear and/or sunglasses.