



## Many falls are preventable—create a safe living space with these tips!

### Prepare your home for safety



- Add handrails in stairwells and hallways; limit trips up and down if unsteady
- Place grab bars next to the toilet and inside tub or shower; use nonslip mats on slick surfaces
- Use a raised toilet seat to help you sit and stand, a shower bench, and handheld shower head
- Keep things you use often within easy reach or use a reach stick; never use a step stool or chair
- Use chairs with solid armrests; avoid chairs with wheels that can slip away from you
- Carry a phone or alert system with you at all times to use if you fall and need help
- Ask your doctor for a *Fall Risk Assessment* for occupational therapy to check your home's safety

### Watch your step



- Pick up objects you could trip over—small furniture, cords, items on floor
- Watch out for pets when standing or walking
- Remove throw rugs or secure edges to the floor with double-sided tape
- Wear shoes or slippers with non-skid soles; avoid loose clothing that may drag on ground
- Take it slow when changing from sit to stand position and vice versa to avoid light-headedness
- Use a cane, walking stick, walker, or mobility aide to keep you balanced
- Exercise regularly to keep muscles stronger and joints more flexible
- Learn if your medications may make you feel sleepy or dizzy; limit alcohol or drug use that can impair balance

### Light it right

- Install bright light bulbs throughout your home, such as in stairways and hallways
- Add night-lights in all bedrooms and bathrooms for better sight at night
- Keep a flashlight next to the bed for emergencies

