

Preventing Falls in the Home

wellcare



Avoid rushing.



Consider **installing grab bars** in the shower or bath.



Do not store things on the stairs, even temporarily.



Ensure pathways, decks, and stairs are in **good repair** with railings and **good traction**.



Ensure rooms, halls and doorways are **well lit**.



Have emergency numbers handy near your bed and by all phones.



Keep high traffic areas **free of obstacles**.



Keep the **path from bed to the bathroom clear**.



Only use **safe footstools with rubber feet and a bar** to hold on to, and keep your body weight centered.



Secure scatter rugs in place or remove them.



Store heavy items in lower cupboards and lighter ones above.



Wear shoes with good rubber soles. Avoid loosely fitting slippers.

To Do

- ☐ **Check your home for tripping/slipping hazards:** most falls happen at home.
- ☐ **Bone up on calcium & vitamin D:** most of us are not getting enough in our diets.
- ☐ **Check medications:** Consult your doctor, especially if you are on more than three medications a day.
- ☐ **Make an appointment to get your eyes and hearing checked** at least once a year after the age of 65.
- ☐ **Try tai chi**, a strength-building, balance exercise that has been shown to reduce the risk of falling.