

Fall Prevention

Keeping you Safe in your home



Falls in the home are no laughing matter. Serious injuries like broken bones, cuts, and bruises can occur from falls. Each year, 1 out of 3 adults 65 years old or older has a major fall. Many of these falls force people to need medical help. Besides the pain of injury, there are other issues such as trouble moving and doctor's bills. Sometimes people fear having a second fall. This brochure is meant to help older adults learn how to keep themselves and their homes safer from falls.



Keeping you safe begins by keeping your home safe

Begin with these tips to reduce your risks of falling:

1. See your eye doctor yearly to make sure you can see things that might cause you to trip.
2. See your doctor to check your medications to make sure you are taking what you need. Discuss dizziness concerns with your doctor and physical therapist..
3. Talk with your doctor about starting an exercise program to help build strength and balance. Ask to be sent to a person like a physical therapist who is skilled at instructing exercises for older adults

Keeping you safe from falling at home starts with a plan

- ⇒ Keep floors clear of clutter such as shoes and books. Remove or tape down throw rugs .
- ⇒ Always have a clear walking path. Make sure electric cords do not cross walkways.
- ⇒ Keep an eye out for small pets. Attach bell or blinking collar to let you know where they are.
- ⇒ Carry a phone with you at all times in your home so that you don't need to rush to answer it and so that you have it with you in case of a fall.
- ⇒ Have someone check in on you daily to make sure you are safe.
- ⇒ Consider installing motion sensor lights in hallways for night trips to the bathroom and consider installing handrails in bathroom.
- ⇒ Position chairs throughout home and plan rest breaks to avoid becoming too tired.

POINTS TO REMEMBER

1. See your doctor to have your eyes and medications checked.
2. Talk to your doctor about starting an exercise program to build strength and increase balance.
3. Make paths at home clear of clutter.
4. Have a PLAN.

References:

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The Section on Geriatrics applauds the efforts of this brochure's authors: Bill Salfai, SPT and Robin Webster , SPT; Central Michigan University