

# NOTES:



Helping you  
prevent falls  
at home



For more information contact:

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*Committed to your safety where you live*

# Your safety is important to us

FALLS ARE NOT  
“JUST THE RESULT OF GETTING OLDER”

## MANY FALLS CAN BE PREVENTED

**T**here may be things in your life and home that we can help you change to lower the chance that you will fall and injure yourself.

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There are some things that can increase your risk for falls.

These include:

- *your illness*
- *eyesight problems*
- *hearing problems*
- *ringing in ears*
- *numbness in your feet*
- *weakness in your muscles*
- *trouble getting up and down from a chair*
- *feeling off balance when you walk or get up*
- *some medicines*



**FOR MOST  
PATIENTS,  
THERE'S NO  
PLACE LIKE  
HOME**

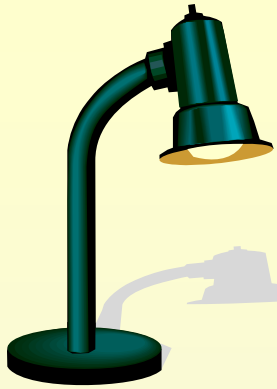
**Preventing falls will help keep  
you safe in your home**

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**Being safe takes  
time and attention**



## LIGHTING:



- Make sure there is good lighting on all steps and stairs
- Use night lights especially in the bathroom and near steps
- Add yellow or white tape to the edge of steps to help you see them better
- Keep a flashlight handy in case of

power loss

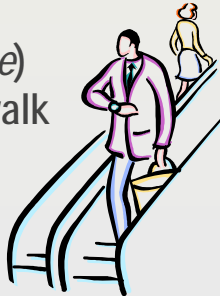
- Use motion detectors or bedside lights for areas you might use at night

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## WALKING:

- Don't rush to get the phone-let it ring
- A cordless or cell phone is helpful
- Get an answering machine or service
- Dial STAR (\*) 69 to find out the number of who called you last (*check with your phone company because it may cost you to use this service*)
- Watch out for curbs or breaks in the sidewalk
- Watch your feet when getting on or off elevators or escalators



## Here are some suggestions to help you with these things:

- See your doctor/health care provider at least once a year or as recommended
- Refill your medicines before they run out
- Have your hearing and eyes checked at least once a year
- If you wear glasses, wear them as told
- Keep your glasses clean and in good repair
- Go over any NEW medicines with your pharmacist to talk about any side effects and other problems
- Take all your medicines including vitamins and other over the counter drugs with you to your medical appointments
- Tell your health care provider if you drink alcohol, smoke or use any other prescription drugs



## Call your Doctor or Health Care Provider for any of these things:

- Ringing in your ears
- Changes in your sight
- If you DO fall
- Trouble making it to the bathroom in time or hurrying to get there
- You notice dizziness, sleepiness or loss of balance from your medicine



**Ask your Home Care Nurse or Physical Therapist for Help**

**T** here are some things which may cause falls.

They include:

- *Slippery steps or floors*
- *Not enough lighting*
- *Floors or steps that are not level*
- *Being in a hurry*

**How can this person be more safe?**



- **Hand rails**
- **lighting**
- **trim shrubs**
- **better use of cane**

**We can help you look at your home to spot problem areas and reduce your risk for falls.**

## MAKE YOUR HOME A SAFE PLACE

Here are some suggestions to help you.

### **FLOORS, FURNITURE AND STEPS:**



- Remove unsafe rugs or furniture
- Rugs should have rubber backs or double stick carpet tape that keeps them from sliding
- Keep your home uncluttered
- Watch out for pets who

can get under your feet when walking

- Clean up spills right away
- Put a non-skid mat in your tub or shower
- Avoid chairs that swivel or rock
- Use chairs with arms—they are easier to get out of
  - Rails on both sides of your steps
  - Fix broken or uneven floors or steps
  - Paint outside steps with a mixture of sand and paint to make them less slippery
  - Store things you use often where you can reach them

