



Peace of Mind

Reducing the risks of a fall begins at home. Through education and self-examination, we can eliminate the likelihood of falls.

Free In-Home Assessment from Visiting Angels

Your local Visiting Angels agency can address the issues that are important to you and your family by performing a free in-home safety assessment at your convenience. The safety and security of seniors is our first concern at Visiting Angels, so call today.



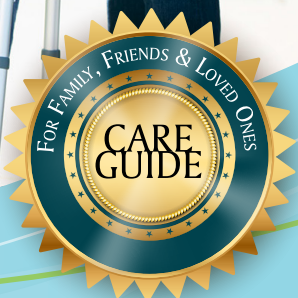
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Fall Prevention

How to Reduce the Risk of Falling for Older Adults



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K. Mitchell, R. Newton, Ph.D. Temple University Fall Prevention Project 2014

Here Are Some Things You Can Do to Reduce the Risk of Falling

Review the questions below carefully. For best results, correct the items you have checked off.

Health, Safety & Home Assessment

- ☐ **Do you take four or more medications daily?**

Multiple medications can cause dizziness, drowsiness and balance problems. It is important to have all of your medications reviewed at least once a year by a pharmacist or doctor.



- ☐ **Have you or those around you noticed a change in your hearing?**

Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.

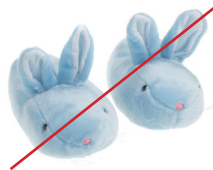
- ☐ **Have you or those around you noticed a change in your vision?**

Seeing obstacles is the first step in avoiding a fall. Keep your glasses clean. Have your eyes examined once a year.

- ☐ **Have you fallen two or more times in the past six months?**

Get a checkup! Falls lead to injuries. You need to find out why you are falling.

- ☐ **Do you wear floppy slippers or a long bathrobe?**



Wear well-fitting slippers with non-skid soles. Avoid night clothing that drags on the ground. Keep robe tied.

- ☐ **Throw rugs?**

Throw rugs pose a tripping hazard. They should be tacked down or removed.

- ☐ **Stairs without rails?**

Using hand rails to go up and down stairs is easier and safer. Add hand rails to all stairs, if possible.

- ☐ **Clutter in your walking space?**

Clutter such as shoes, electrical cords and magazines is a safety hazard. Keep pathways clear.

- ☐ **Dark hallways or stairwells?**

Good lighting can reduce the chance of falling.

- Consider adding night lights where overhead lighting is lacking.

- Add strips of bright tape to the edge of each stair.

- Always keep a charged flashlight near your bed for emergencies.

- A night light in the bathroom can also make night trips to the bathroom safer.



Safety Precautions

1

REACHING OVERHEAD?

Put commonly used things on shelves that are easy to reach. If you must reach overhead, keep a sturdy stool handy.

2

PICKING UP OBJECTS FROM THE FLOOR?

Plan ahead. Move the object closer to something sturdy to hold on to.

3

GETTING IN AND OUT OF THE BATHTUB?

Add grab bars to the walls or use a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can also be useful.

3

GETTING IN AND OUT OF A CHAIR?

Avoid sitting on low furniture. Chairs with arms make it easier to get up.

4

WALKING WITHOUT HOLDING ON TO SOMETHING?

If you feel unsteady without holding onto something, you may need a cane. Consult your doctor or health care provider.