



Hidden Fall Risks in Your Home

For most older adults, a slip or fall can be devastating. A broken bone, head injury, or other fall related injury can often lead to a hospital stay and even surgery or time spent recovering in a skilled nursing community. While there are ways to work on your balance and strength, which can help your body avoid a fall or compromising position, most fall risks lurk inside your home.

Is your home as safe as it could be for yourself or for your senior visitors? Here are a few places in your home that could result in a fall, as well as how to remedy the issue.



Your Home Entrances

Fall safety begins before you even cross the threshold of your home. Wobbling stair rails, uneven concrete surfaces or unsteady stairs can be hazardous to yourself and to your visitors. To make your entrances safe, assure that your surfaces are smooth and that your guardrails are sturdy. Be wary of welcome mats too; while friendly, these mats can slide easily and make for a quick fall. If you have a mat, be sure that it won't slide as people walk over it.

Don't stop your safety inspections at the front entrance either. Back entrances, as well as patio doors can be treacherous without proper grab bars or maintenance. Be sure to double check for any small steps that may be required to enter the home, adding a small ramp if you use a walker or other adaptive device.

Surface Changes

Surface changes throughout your home are often some of the most dangerous places for falls. Watch for these areas in your home, such as kitchen to hallway or bathroom to hallway. Transitioning to and from carpeted surfaces to smooth surfaces like tile or laminate can make you lose your footing. While revamping your home to have one surface throughout isn't always feasible, you can save yourself a fall by just being aware of these transition points throughout your home and taking them with extra care and caution.

Clutter

Finally, cluttered floor plans can lead to many falls in your home, no matter which room. If you use an adaptive device, such as a walker or cane, you should be able to navigate your entire home without having to shimmy or side step to get in between furniture. Clear out your rooms, making your home

easy to navigate; this safety measure will go a long way for your ambulation, especially in the middle of the night when fall risk increases.

If you have had a fall, or if you are feeling nervous about getting around your home unassisted, [give our office a call](#). We would love to work out a plan that gets you the support you need so that you can remain healthy – and fall free – in your home.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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