

25 Ways To Prevent Falls

For seniors, falls in and around the home are an accident with serious consequences. In fact, falls are the 7th leading cause of death in persons over the age of 65. A study reported in the New England Journal of Medicine found that preventing falls and the resulting injuries can reduce or delay the need to move to a long-term care facility. So what can you do to help prevent falls in the first place. Read on.....

Use this fall prevention checklist to make your home as safe as possible.

1. **Have a lamp or light switch that you can easily reach without getting out of bed.**
2. **Use night-lights in the bedroom, bathroom and hallways.**
3. **Keep a flashlight handy.**
4. **Have light switches at both ends of stairs and halls. Install hand-rails on both sides of stairs.**
5. **Turn on lights when you go into the house at night.**
6. **Add grab bars in shower, tub and toilet areas**
7. **Use bath mats with suction cups**
8. **Use non-slip adhesive strips or a mat in shower or tub**
9. **Consider sitting on a bench or stool in the shower**
10. **Consider using an elevated toilet seat.**
11. **Wear non-slip, low-heeled shoes or slippers that fit snugly. Don't walk around in stocking feet.**
12. **Remove all extraneous clutter in your house.**
13. **Keep telephone and electrical cords out of pathways.**
14. **Tack rugs and glue vinyl flooring so they lay flat. Remove or replace rugs or runners that tend to slip, curl, or attach non-slip backing.**
15. **Ensure that carpets are firmly attached to the stairs.**
16. **Use helping devices, such as canes, when necessary.**
17. **Purchase a step stool with high and sturdy handrails. Do not stand on a chair to reach things.**
18. **Paint the edges of outdoor steps and any steps that are especially narrower, higher, or lower than the rest.**
19. **Paint outdoor stairs with non-slip paint (or mixture of sand and paint) for better traction.**
20. **Keep snow and ice off entrances and sidewalks.**
21. **Review medications with your pharmacist. Some drugs can make you drowsy, dizzy and unsteady.**
22. **Watch your intake of alcohol. More than two drinks per day can cause unsteadiness.**
23. **Have your hearing and eyesight tested. Inner ear problems can affect balance. Vision problems make it difficult to see potential hazards.**
24. **Exercise regularly to improve muscle flexibility and strength.**
25. **If you feel dizzy or light-headed, sit down or stay seated until your head clears. Stand up slowly to avoid unsteadiness.**

From your friends at:



865-980-0700