

Fall Prevention

Checklist



Remove tripping hazards

Get rid of loose or thick pile rugs that can cause your toe to catch on an edge or slip out from under your feet. Make sure carpet is in good repair, especially in high traffic areas. Avoid placing extension cords on the ground or place a cover over them to avoid tripping. Decrease the amount of clutter in your home.



Improve lighting in your home

As we age, we rely more on our eyesight to maintain our balance and having a well lit home will decrease the risk for falling. Be sure to place light switches where they are easy to reach in every room.



Add grab bars or railings

Add grab bars in the bathroom around the toilet and inside and outside of the shower. Add stair railing going into/out of the home and on any stairs within the home to provide greater support when performing stair tasks.



Avoid rolling chairs, or overly soft mattresses

Have chairs that are equipped with armrests and back rests to assist with transfers. Place something sturdy to hold on to next to the bed such as a grab bar, three-pronged cane or walker for support.



Exercise regularly

Focus on increasing leg strength and balance and progressively increase the intensity of exercises over time. A good example of appropriate exercise program is Tai Chi



Talk to your doctors

About prescriptions and over the counter medicines that have possible side effects or interactions such as dizziness or drowsiness.

Talk to your eye doctor yearly to ensure good vision.

See a physical therapist yearly to evaluate strength and balance

As you make the necessary adjustments in your home and environment, you will be able to move more confidently and with less fear of falling.

For more information give us a call!

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