

Helpful Tips to Prevent Falls at Home

- Have your vision checked regularly.
- Don't rush when doing a task.
- Avoid alcohol.
- Remove all excess clutter.
- Wear supportive shoes that have low heels and rubber soles.
- Never use a chair as a step stool.
- Keep a flashlight handy.
- Use a cane, walking stick or walker if you feel unsteady.
- Avoid wet or icy streets whenever possible.
- Keep phones in as many rooms as possible in case of emergency.
- Start an exercise program, with your doctor's permission, to improve strength and flexibility.

FOR SENIORS, FALLS IN AND AROUND THE HOME ARE THE MOST FREQUENTLY OCCURRING ACCIDENT.

For More Information About Preventing Falls



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Centers for Disease Control
www.cdc.gov/ncipc/duip/fallsmaterial.htm



Fall Prevention
www.fallprevention.org



NIH Senior Health
www.nihseniorhealth.gov

Town Of Greenwich
Department of Health

PREVENTING FALLS AT HOME: A CHECKLIST



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THE MAJOR CAUSES OF FALLS IN THE HOME:

HEALTH AND AGE-RELATED CHANGES, SUCH AS:

- ⇒ Certain medications
- ⇒ Slow reflexes
- ⇒ Poor eyesight
- ⇒ Problems with balance

DANGEROUS SITUATIONS IN THE HOME, SUCH AS:

- ⇒ Slippery floors
- ⇒ Poor lighting
- ⇒ Electrical cords in pathways
- ⇒ Loose rugs
- ⇒ Raised thresholds
- ⇒ Clutter

Most falls in the home occur in bathrooms, bedrooms and on stairs.

The following checklist is designed to help you minimize the risk of falling in your home.

BATHROOM

- Install grab bars or handrails in the shower, on walls around the bathtub, and alongside the toilet.
- Always use a non-skid bathtub or shower mat.
- Consider sitting on a bench or stool in the shower.

BEDROOM

- Use a night-light in the hallway between the bedroom and the bathroom.
- When you get up from the bed, first swing your legs over the side and sit for a moment or two. Then, stand up **slowly** to avoid a brief period of low blood pressure, which could make you dizzy.
- Sit on the edge of the bed or in a chair when you put on socks, shoes or slacks.

STAIRS

- Install handrails and always hold on to them when walking up or down the steps.
- Make sure there is a light switch at the top and bottom of each staircase, and ample lighting throughout the house.
- Place a strip of bright tape on the top and bottom step of each staircase.
- Paint outside stairs with a mixture of sand and paint for better traction.

LIVING ROOM

- Ensure furniture has good back support, sturdy arm rests, and is not low to the ground. Arrange furniture to provide plenty of walking room.
- Secure wall-to-wall carpet firmly. Area rugs should be backed with nonskid padding. Don't put small area rugs on top of larger carpets. Eliminate shag carpeting.
- Keep electrical cords, telephone cords, newspapers, magazines and other clutter away from walking areas.

KITCHEN

- Store commonly used items (pots, dishes, food, etc.) within easy reach.
- Use a long-handled grasping device to reach objects on the floor or on high shelves.
- Use a rubber-backed mat in front of the sink to avoid slipping on water.
- If you must use floor wax, use the non-skid type.

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