

EDENTON



Home Care

Simple Steps to Reduce the Risk of Falling

It is estimated that one out of every 3 seniors will experience a fall causing a fracture or other serious injury. Please review this list of tips to assist in reducing your risk of falling.

- ✿ Always turn lights on before entering a room and have burned out bulbs replaced immediately.
- ✿ Remove all throw rugs from the floor. If it has sentimental value, have a family member or friend hang it on the wall for you.
- ✿ All other carpets should be securely fastened down or place non-skid backing on rugs and replace as needed.
- ✿ Keep pathways clear of furniture, shoes, pets, miscellaneous items, telephone cords, electrical cords, etc.
- ✿ Install grab bars or handrails in strategic places to assist in the bathroom, bedroom or Kitchen.
- ✿ Use a shower bench and a hand held shower head and utilize grab bars not towel racks.
- ✿ Make sure you have hand rails on all stairs and install a ramp if appropriate.
- ✿ Wear shoes with soles that provide good support and traction.
- ✿ Have your vision and hearing tested regularly and properly corrected (and wear your glasses and hearing aids as prescribed by your doctor)
- ✿ Always get up slowly
- ✿ Be alert to possible hazards in unfamiliar environments.
- ✿ Watch for curbs when you are out
- ✿ Don't be in a hurry
- ✿ Get an answering machine and let the phone ring, don't run to answer it.
- ✿ Talk to your doctor about possible side effects of the drugs you are taking and how they may affect your balance or coordination
- ✿ Limit alcohol intake
- ✿ Use cane, walking stick, walker, or rollator to help maintain balance as recommended by your doctor or physical therapist.
- ✿ Maintain a healthy diet, get plenty of sleep, and have some sort of activity daily
- ✿ Request Physical and Occupational assessment through your doctor