

Prevent a Fall at Home

Why be concerned about falls?

- One in three people aged 65 or more living in the community fall at least once a year.
- Falls are the leading cause of injury related death for individuals 65 and older.
- Almost all hip fractures among older adults are caused by falls.

Reduce tripping hazards

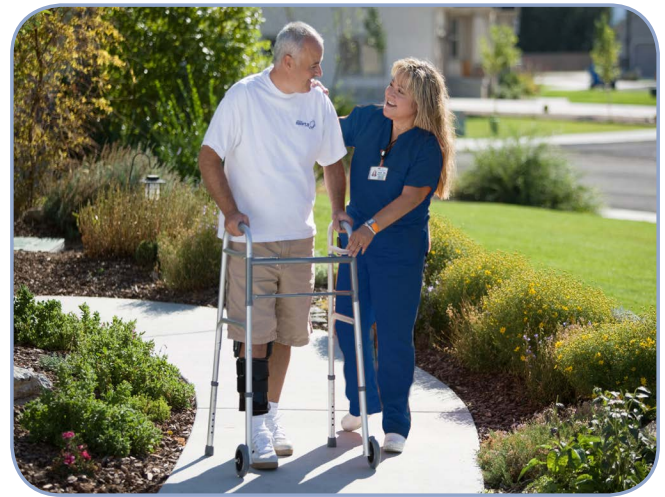
- Remove throw rugs, cords, and small objects.
- Tack down or tape carpet edges.
- Remove clutter.
- Clear pathways of furniture and electrical cords.

Improve lighting

- Use night lights.
- Add lamps.
- Make sure hallways are lighted well.
- Make sure there's good lighting at the top and bottom of each flight of stairs.

Make the bathroom safer

- Put handrails in bathroom for bath, shower, and toilet use.
- Use non-slip mats in the bathtub and shower.



Keep a cell or portable phone in reach

- Put a list of important phone numbers near the phone in large print.
- If you have wall phones, they should be installed at least in the kitchen and bedroom.
- If possible, replace wall phones with table designs, portable phones, or cell phones
- Keep phone and charging cords out of walking areas.

Limit reaching or bending

- Store commonly used items on lower shelves or on counter tops.
- Avoid using step stools.

Questions for my doctor:



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