

Fall Prevention Tips

- **Get some exercise.** Lack of exercise can lead to weak legs and this increases the chances of falling. Talk to your physical therapist about exercises that can increase your strength and improve your balance.
- **Wear sensible shoes.** Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers, slip on shoes and shoes with slick soles can make you slip, stumble and fall. So can walking in your bare feet. Instead wear properly fitting, sturdy shoes with nonskid soles.
- **Be mindful of medications.** Some medications, or combination of medications, can have side effects such as dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.
- **Keep your vision sharp.** Poor vision can make it harder to get around safely. Have your eyes checked every year and wear glasses or contact lenses with the right prescription strength to ensure you are seeing clearly.
- **Eliminate hazards at home.** Approximately half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.
 - Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
 - Be alert around small children or pets
 - Keep electric cords out of walkways and secure with taping.
 - Arrange furniture so that you have a clear pathway in between rooms.
 - Do not sit in chairs or sofas that are soft or too low making it difficult for you to stand up.
 - Install handrails and lights on all staircases.
 - Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
 - Keep items you use often in cabinets you can reach easily without using a step stool.
 - Put grab bars inside and next to the tub or shower and next to your toilet.
 - Use non-slip mats in the bathtub and on shower floors.
 - Improve the lighting in your home.
 - Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
 - Place night lights in your bedroom, bathroom and hallways
 - Turn on the lights before going up or down stairs
 - Store flashlights in easy to reach places in the case of a power outage.
 - Your doctor or physical therapist may recommend using a cane or walker to keep you steady. Please take this recommendation seriously.