

PREVENTING FALLS

General ideas for home safety:

- Do not use throw rugs
- Keep carpets fastened to the floor
- Remove items or cords from walking paths
- Wear sneakers or other supportive shoes
- Limit use of alcohol
- Arrange furniture so walking paths are clear
- Maintain a straight walking path between rooms
- Be mindful of vision or hearing limitations
- Use “reacher” tool to pick up items from floor
- Sit down in a chair to pick up things from the floor

For stairs:

- Keep stairs well lit
- Stairs in good repair
- Non-skid treads in place where necessary
- Be sure handrails are fastened tightly on both sides of stairs when possible
- Keep items off of stairs

For bathroom:

- Use rubber mat in and out of the shower
- Grab bars should be tightly fastened on side of tub or shower
- Do not pull on toilet paper holder or towel racks
- Use night light for paths to and from bathroom
- Water temperature should not be warmer than 110 degrees
- Faucets for hot and cold should be clearly marked
- Put clothing on while you are sitting down
- Bath water that is too warm may cause dizziness

For kitchen:

- Be sure you are able to lift your heavier pots and pans
- Throw away utensils with broken handles
- Know how to operate your stove
- Have your stove checked to be sure it is in good working order
- Store the items used frequently at waist height
- Only use a sturdy step stool for items out of reach
- Slide objects on countertop instead of lifting whenever possible

Walking Tips:

- Stand up slowly from sitting position
- Sit down if you feel dizzy

PREVENTING FALLS (continued)

- Keep your cane or walker close to you
- Take smaller steps when walking around furniture
- Use a tray or basket to carry items when using a walker
- Walker or cane should not be too heavy to use easily

Transferring Tips:

- Use small steps to get to bed, chair or commode
- Reach back to chair seat or armrests with both hands
- Do not sit until surface is felt with hands and on the back of legs
- Lower yourself gently into seat
- Do not pull up when sitting by using the walker or cane
- Push up from chair with your hands first, come to a stand and then take hold of walker

Wheelchair safety around the home:

- Lock the wheelchair's brakes before getting in or out of wheelchair
- Move leg rests out of the way when getting in or out of the wheelchair
- Use "reacher" tool to pick up items off the floor

General Safety Ideas:

- Look into getting emergency response device like Lifeline
- Smoke alarms in good working order with sight and sound alarms
- Keep a phone nearby at all times
- Let your local fire and police departments know that a homebound person lives in your home
- Have an easy escape access through doors or windows

Further information can be obtained from your Case Manager regarding local Occupational or Physical Therapy services.

If you have any questions, please call us at 262-652-4400