

8 Tips for Fall Prevention at Home



Approximately 1 in 3 people age 65 and over fall each year increasing to 32-42% for those over 70 years of age. Falls are the number one reason that seniors end up in the emergency room and falls can lead to disability, loss of independence, or even premature death. In addition to the health impacts, there are high costs associated with falls - one fall can incur thousands of dollars of care for hospitalization and ongoing medical care, caregivers (including family members who provide care) and loss of work. Costs associated with falls are projected to increase to 240 billion by year 2040 in the U.S. Prevention is key - read below to find ways your loved one can avoid in-home falls.

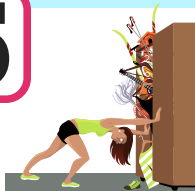
1



IMPROVE LIGHTING

- Be sure entryways, hallways, and areas frequently navigated are well-lit.
- Position accessible on/off switches.
- Use nightlights, motion lights, clap lights, remote-controlled lights, & timed lights.

5



MINIMIZE CLUTTER

- Arrange belongings and furniture in a way that is easy to navigate.
- Clear out clutter and put unnecessary items into storage.
- Be sure paths are wide and clear.

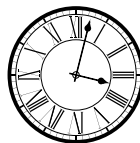
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RUGS & FLOORING

- Secure loose rugs to the floor, or remove all together.
- Install ramps or grab bars.
- Install non-skid strips or non-skid floor wax.
- Wear proper shoes, slippers, or grip-socks.

6



REGULAR CHECK-INS

- Schedule a friend, family member, or caregiver to call, text or visit regularly.
- Keep a regular schedule of visitors and caregiver check-ins to ensure safety.

3



SMART TECHNOLOGY

- Use sensors that can be worn and pressed to alert emergency contacts.
- Use smart home (verbal audio) assistants.
- Use fall-detectors that utilize technology to help seniors if they fall.

7



PETS & VISITORS

- Secure pets in a designated area.
- Put a bell on the pet's collar to help be aware of location when active.
- Use a play pen or designated area for young grandchildren.

4



BATHROOM

- Add grab bars near the toilet and in the shower.
- Use non-slip mats and rugs in and outside of the tub.
- Zero-entry tubs can be installed to ease tub entry.
- Shower seats can prevent falls.
- A tall toilet seat increases stability.

8



ACCESSIBILITY

- Move items off high shelves & into more accessible locations.
- Arrange belongings into one central area.
- Maintain clear walkways.
- Consider rearranging items & changing furniture layouts.