



## Peace of Mind

### *Reducing the Risks of a Fall Begins at Home!*

Through education and self examination, we can eliminate the likelihood of falls.

We can assess your situation and address the issues that are important to you and your family.

### **We Care Every Day . . . In Every Way**



**Call your local Senior Homecare by Angels for a Free Consultation.**

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## *Canada's Choice In Homecare!*



- Day or Night Live-In or Out Care
- Up to 24 Hour Care
- Meal Preparation
- Hygiene Assistance
- Light Housekeeping
- Errands
- Shopping
- Doctor appointments
- Respite for Family Caregivers
- Rewarding Companionship

### **Solution . . .**



## Fall Prevention

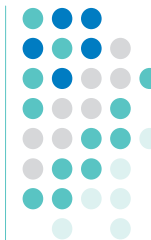
### *How to Reduce the Risks of Falling in Older Adults*



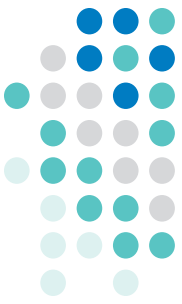
**A guide for family, friends and loved ones**

*from* **Canada's Choice In Homecare!**

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# Here Are Some Things You Can Do To Reduce The Risk of Falling

Always Remember . . . Falls are Preventable!

Review the following questions carefully. For best results, correct the items you have checked off.

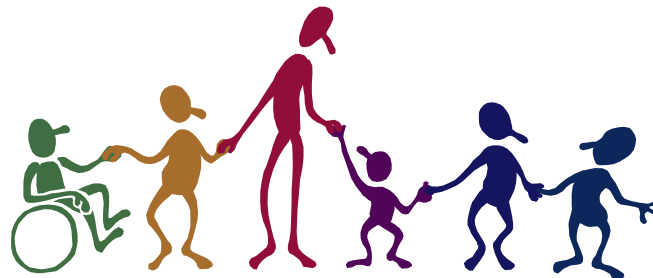
## Health & Safety

- Do you take 4 or more medications daily?
  - Multiple medications can cause dizziness, drowsiness and balance problems. It is important to have all of your medications reviewed at least once a year by a pharmacist or doctor.
  - Have you or those around you noticed a change in your hearing?
  - Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.
  - Have you or those around you noticed a change in your vision?
- Seeing obstacles is the first step in avoiding a fall. Keep your glasses clean. Have your eyes examined once a year.
- Have you fallen 2 or more times in the past 6 months?
- Get a checkup! Falls lead to injuries. You need to find out why are falling.
- Do you wear floppy slippers or a long bathrobe?

Wear well-fitting slippers with non-skid soles. Avoid night clothing that drags on the ground. Keep robe tied.

## Abilities: Do You Have Trouble . . .

- Reaching overhead?
- Put commonly used things on shelves that are easy to reach. If you must reach overhead, keep a sturdy stool handy.
- Picking up objects from the floor?
- Plan ahead. Move the object closer to something sturdy to hold on to.,
- Getting in and out of the bathtub?
- Consider adding grab bars to the walls or using a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can also be useful.
- Getting in and out of a chair?
- Avoid sitting on low furniture. Chairs with arms make it easier to get up.
- Walking without holding on to something?
- If you feel unsteady without holding on to something, you may need a cane. Consult your doctor or health care provider.



## Home: Do You Have . . .

- Throw rugs?
- Throw rugs pose a tripping hazard. They should be tacked down or removed.
- Stairs without rails?
- Using hand rails to go up and down stairs is easier and safer. Add hand rails to all stairs, if possible.
- Clutter in your walking space?
- Clutter such as shoes, electrical cords and magazines is a safety hazard. Keep pathways clear.
- Dark hallways or stairwells?
- Good lighting can reduce the chance of falling. Consider adding night lights where overhead lighting is lacking. Add bright tape strips to the edge of each stair. Always keep a charged flashlight near your bed for emergencies. A night light in the bathroom can also make night trips to the bathroom safer.

