

One Step Ahead...YOU Can Prevent a Fall

Each year, 1 of every 3 people older than 65 fall. Half of the older adults hospitalized for hip fractures cannot return directly to their homes or live independently after their injury.

Falls can have a devastating effect on the quality of life:

- Reduced activity
- Social isolation
- Depression
- Feelings of helplessness

Brighten Up! Good lighting in your home is key. Use a night-light in your bedroom and bathroom. Keep a flashlight near your bed for emergencies.

See Clearly! It's easy to stumble if you're not seeing things as well as you used to. Check your vision regularly. If you have glasses – keep them clean and wear them!

Take it Slow! Avoid sudden changes in position. Rise slowly from a lying or seated position to prevent dizziness.

Watch Your Reach! Avoid excessive reaching, which could throw your balance off. Put commonly used things on shelves between hip and eye level. A long-handled reacher can be used to grab for light items.

Clear the Clutter! Keep pathways around your house clear. Shoes, pets, magazines, mail, telephone or electrical cords on the floor can all pose safety hazards.

Check Your Meds! If you're taking medication or have recently changed medications, be mindful of the effect it may have on your balance.

Lace 'em Up! Make sure your shoes fit well, and keep them tied. Non-skid soles are best. Avoid high heels and shoes with smooth, slick soles. Never walk in stocking feet – they're slippery!

Toss Out the Rug! Throw rugs are a hazard; they can slip around, and become easily tangled beneath the feet. Avoid using them in your home, or secure them with adhesive.

Set the Bar! Mount grab bars near your toilet and tub to assist you in getting up more easily. Avoid using towel bars for leverage – they can bend and give way, causing a fall.

For more information, call us at 1.866.740.1166