

Fall Prevention At Home

Falls can be a concern for people at home. If you fall, you may be hurt. A fall could lead to a return to the hospital.

We would like to teach our patients and their families ways to make their homes safer to help prevent falls. Small changes in your habits at home can help you avoid a fall.

Do Not...

- Do not wear stockings or socks without shoes.
- Do not wear loose-fitting slippers.
- Do not string electrical cords or phone lines across walkways.
- Do not rush to the bathroom. Plan ahead.
- Do not rush to answer a ringing phone.
- Do not use towel racks or toilet paper holders as grab bars. They are not strong enough.
- Do not use regular floor rugs.
- Do not use a tub or shower without non-skid mats or safety strips.
- Do not try to feel your way in the dark.
- Do not wear clothing that is too long and touches or drags on the ground. It is easy to trip on.

Do...

- Do wear rubber-soled shoes that fit well, both inside and outdoors.
- Do keep stairways and walkways free of clutter. This includes magazines, papers, toys, clothing and rugs. Be aware that pets may cause hazards when they play around those who are walking.
- Do use the bathroom every 2 to 3 hours to avoid rushing.
- Phones should be placed near those at risk for falling. Cordless phones can be carried.
- Do use grab bars firmly attached in the shower/bath and by the toilet.
- Do use rubber backing on rugs and secure them with double-faced carpet tape or tack them to the floor.
- Do use non-skid mats or safety strips in bath tub or shower.
- Do use night lights in your bedroom, bathroom, and halls, or keep a flashlight by your bed.
- Do wear clothing that is of proper length.
- Do make sure you have plenty of lighting so you can see clearly where to walk.
- Do use handrails when using the stairs, and make sure rails are firmly attached.
- Do use a cane, walker or crutch if needed and keep them in reach at all times.