

# Fall prevention **at home.**

Helping you prevent falls and stay safe.

The team at MedStar Health cares about your safety. We know how important it is for you to remain in your home, so we are dedicated to help you learn about fall risks and home safety to prevent injuries.

## **Risks for falls include:**

- Poor vision or hearing
- History of falls
- Use of a cane or walker
- Poor nutrition
- Certain medications
- Being age 65 or older
- Conditions in your home, such as slippery floors, loose rugs, or cords on the floor

## **Tips to help reduce your risk of falling at home:**

### Hallways and stairs

- Remove clutter to avoid tripping
- Use handrails while taking stairs
- Mark the edge of the stairs with nonskid treads or brightly colored reflective tape
- Store items used often at waist level
- Select furniture with armrests for support in getting up and down
- Keep phone within easy reach

Consult your doctor if you become dizzy or weak from poor nutrition or a change in medications.

# More about fall prevention **at home.**

## Lighting

- Replace dim, burned out or bright lights with soft white light bulbs
- Use a night light
- Make sure lights are easy to turn on and off
- Keep a flashlight handy

## Floors

- Remove scatter/throw rugs
- Place nonskid treads or double-sided tape under area rugs
- Keep floors free from clutter
- Wipe up spills immediately
- Make sure floors are not slippery

## Bathroom

- Use a raised toilet seat and safety frame for ease in getting up and down from the toilet.
- Set your water temperature at 120 degrees or less to avoid burns and the incidental falls that may result
- Consider a handheld shower head, shower chair, and handrails in the tub
- Place nonskid adhesive strips in the tub
- Use liquid soap or soap on a rope to prevent dropping soap bars

For more health information or a referral to our rehabilitation specialists, visit **MedStarHealth.org**.