

Armscare Inc.

Fall Prevention at Home

Falls happen at home for many reasons. There are several things that are known to add to your risk of falling.

These include:

- Lighting
- Clutter in Hallways and Stairs
- Floors
- Bathrooms
- Others

Our goal is to help you prevent falls at home! Here are some things that you can do that will help lower your risk of falls at home.



One Nolte Drive,
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Phone: 724-545-3200 / 888-545-4949
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Lighting

- Replace dim, burned out or glaring lights with bright, soft white light bulbs



- Use a night light
- Make sure lights are easy to turn on and off



- Keep flashlight available



Bathroom

- Use a raised toilet seat and safety frame for ease in getting up and down from toilet



- Set water temperature at 120 degrees or less (prevent burns and falls trying to avoid burns)

- Consider a hand-held shower head, shower chair and handrails in the tub

- Place non-skid adhesive strips in the tub

- Use liquid soap or soap on a rope to prevent dropping soap



Floors

- Remove scatter/throw rugs



- Place non-skid treads or double-sided tape under area rugs



- Keep floors free from clutter
- Wipe up spills immediately
- Make sure floors are not slippery



Clear Hallways and Stairs

- Remove clutter, especially from hallways and stairwells
- Use handrails while taking the stairs
- Place non-skid treads or bright reflective tape to mark the edge of the stairs



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Other

- Store items used often at waist level
- Select furniture with armrests for support in getting up and down
- Keep phone within easy reach
- Dizziness and weakness from poor nutrition or medication changes, consult your provider or the outpatient dietician
- Inform your physician of poor vision or hearing
- Discuss the use of aids, such as cane, with your provider if you have any concerns of, or have a history of falls
- Be more cautious with daily activities when over the age of 65