

8 TIPS TO REDUCE FALLS

1

Have grab bars put in next to and inside the tub or shower, and next to the toilet.

2

Use non-slip mats on the tub or shower floor.

3

Keep items you use often within easy reach.

4

Remove things you can trip over (books, shoes, electrical cords, etc.).

5

Clean up spills immediately.

6

Install handrails and lights on all stairways.

7

Keep your home well lit.

8

Get rid of throw rugs or use double-sided tape to secure them.

IN YOUR HOME:



YOURSELF:

- ✓ Ask your doctor or pharmacist to review your medicines. Know any side-effects that may increase your risk of falling.
- ✓ Have your vision and feet checked.
- ✓ Exercise to improve strength, balance and coordination.
- ✓ Use assistive devices (walker or cane) as instructed by your therapist.
- ✓ Wear sturdy shoes and/or non-skid socks.
- ✓ Avoid the use of alcohol.

Sources: 1. Patient Education Reference Center, August 2016 #2010279892 2. Patient Education Reference Center, March 2008 #2009858654 The information included in this document is provided for educational purposes only and is not intended to be a substitute for professional medical advice. This document may not include all information available on or related to the subject matter discussed in this document. Consult your doctor or other professional healthcare provider with any questions regarding a medical condition or before starting or changing any treatment.


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