

Tips for Preventing Falls

OUTDOORS

- ✓ Install adequate lighting by doorways and along walkways leading to doors.
- ✓ Repair cracks and abrupt edges of sidewalks and driveways.
- ✓ Install handrails on stairs and steps.
- ✓ Remove high doorway thresholds.
- ✓ Trim shrubbery along the pathway to the home.
- ✓ Keep walk areas clear of clutter, rocks and tools.
- ✓ Keep walk areas clear of snow and ice.



ALL LIVING SPACES

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| <ul style="list-style-type: none"> ✓ Maintain nightlights or motion-sensitive lighting throughout the home. ✓ Use a change in color to denote changes in surface types or levels. ✓ Check lighting for adequate illumination and glare control. | <ul style="list-style-type: none"> ✓ Install electronic emergency response system if needed. ✓ Secure rugs with nonskid tape as well as carpet edges. ✓ Use contrast in paint, furniture and carpet colors. ✓ Remove oversized furniture and objects. | <ul style="list-style-type: none"> ✓ Have at least one phone extension in each level of the home and post emergency numbers at each phone. ✓ Avoid throw rugs. ✓ Add electrical outlets. ✓ Reduce clutter. |
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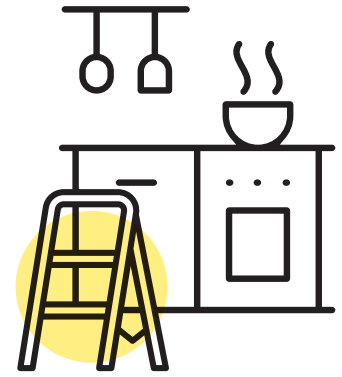
BATHROOMS

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| <ul style="list-style-type: none"> ✓ Use nonskid mats or carpet on floor surfaces that may get wet. ✓ Install grab bars on walls around the tub and beside the toilet, strong enough to hold your weight. ✓ Add nonskid mats or strips to bathtubs. | <ul style="list-style-type: none"> ✓ Mount liquid soap dispenser on the bathtub wall. ✓ Install a portable, hand-held shower head. ✓ Add a padded bath or shower seat. ✓ Install a raised toilet seat if needed. |
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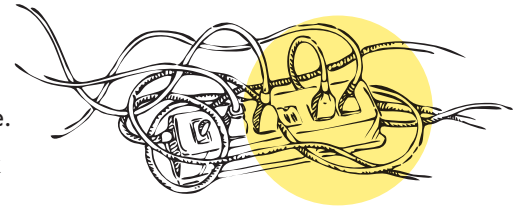
KITCHEN

- ✓ Keep commonly used items within easy reach.
- ✓ Use a sturdy step stool when you need something from a high shelf.
- ✓ Make sure appliance cords are out of the way.
- ✓ Avoid using floor polish or wax in order to reduce slick surfaces.



LIVING, DINING AND FAMILY ROOMS

- ✓ Keep electrical and telephone cords out of the way.
- ✓ Arrange furniture so that you can easily move around it (especially low coffee tables).
- ✓ Make sure chairs and couches are easy to get in and out of.
- ✓ Use television remote control and cordless phone.
- ✓ Remove caster wheels from furniture.
- ✓ Avoid long sleeves and loose clothing while cooking.
- ✓ Use an easy-to-use microwave instead of a stove or oven.
- ✓ Have stove controls easily accessible.
- ✓ Keep pot handles turned to the back of the stove.



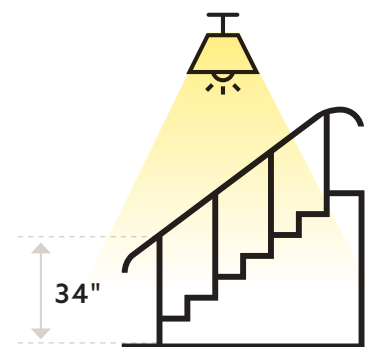
BEDROOMS

- ✓ Put in a bedside light with a switch that is easy to turn on and off (or a touch lamp).
- ✓ Have a nightlight.
- ✓ Locate telephone within reach of bed.
- ✓ Adjust height of bed to make it easy to get in and out of.
- ✓ Have a firm chair, with arms, to sit and dress.



STAIRWAYS, HALLWAYS AND PATHWAYS

- ✓ Keep free of clutter.
- ✓ Make sure carpet is secured and get rid of throw rugs.
- ✓ Install tightly fastened handrails running the entire length and along both sides of stairs.
- ✓ Handrails should be 34 inches high and have a diameter of about 1.5 inches.
- ✓ Apply brightly colored tape to the face of the steps to make them more visible.
- ✓ Optimal stair dimensions are 7.2 inch riser heights with either an 11 or 12 inch tread width.
- ✓ Have adequate lighting in stairways, hallways, and pathways, with light switches placed at each end.



Tips extracted from the Colorado State University Extension



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To learn more about talking tips or to set up a free in-home care assessment, contact us anytime, 24 hours a day, 7 days week.