



## Peace of Mind

### *Reducing the Risks of a Fall Begins at Home!*

Through education and self examination, we can eliminate the likelihood of falls.

We can assess your situation and address the issues that are important to you and your family.

### **We Care Every Day . . . In Every Way**



**Call your local Visiting Angels for a Free Consultation.**

## *America's Choice In Homecare!*



- Day or Night Live-In or Out Care
- Up to 24 Hour Care
- Meal Preparation
- Hygiene Assistance
- Light Housekeeping
- Errands
- Shopping
- Doctor appointments
- Respite for Family Caregivers
- Rewarding Companionship

**Solution . . .**  
**Visiting Angels**<sup>®</sup>  
 LIVING ASSISTANCE SERVICES  
*Select Your Caregiver!*



## Fall Prevention

### *How to Reduce the Risks of Falling in Older Adults*



**A guide for family, friends and loved ones**

*from*  
**America's Choice In Homecare!**

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# Here Are Some Things You Can Do To Reduce The Risk of Falling

Always Remember . . . Falls are Preventable!

Review the following questions carefully. For best results, correct the items you have checked off.

## Health & Safety

- Do you take 4 or more medications daily?
- Multiple medications can cause dizziness, drowsiness and balance problems. It is important to have all of your medications reviewed at least once a year by a pharmacist or doctor.
- Have you or those around you noticed a change in your hearing?
- Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.
- Have you or those around you noticed a change in your vision?

Seeing obstacles is the first step in avoiding a fall. Keep your glasses clean. Have your eyes examined once a year.

- Have you fallen 2 or more times in the past 6 months?

Get a checkup! Falls lead to injuries. You need to find out why you are falling.

- Do you wear floppy slippers or a long bathrobe?

Wear well-fitting slippers with non-skid soles. Avoid night clothing that drags on the ground. Keep robe tied.

## Abilities: Do You Have Trouble . . .

- Reaching overhead?

Put commonly used things on shelves that are easy to reach. If you must reach overhead, keep a sturdy stool handy.

- Picking up objects from the floor?

Plan ahead. Move the object closer to something sturdy to hold on to.

- Getting in and out of the bathtub?

Consider adding grab bars to the walls or using a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can also be useful.

- Getting in and out of a chair?

Avoid sitting on low furniture. Chairs with arms make it easier to get up.

- Walking without holding on to something?

If you feel unsteady without holding on to something, you may need a cane. Consult your doctor or health care provider.

## Home: Do You Have . . .

- Throw rugs?

Throw rugs pose a tripping hazard. They should be tacked down or removed.

- Stairs without rails?

Using hand rails to go up and down stairs is easier and safer. Add hand rails to all stairs, if possible.

- Clutter in your walking space?

Clutter such as shoes, electrical cords and magazines is a safety hazard. Keep pathways clear.

- Dark hallways or stairwells?

Good lighting can reduce the chance of falling. Consider adding night lights where overhead lighting is lacking. Add bright tape strips to the edge of each stair. Always keep a charged flashlight near your bed for emergencies. A night light in the bathroom can also make night trips to the bathroom safer.



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