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Falls Prevention Handout

Falls are not a normal part of aging and there are actions you can take to prevent falls.

Please check ✓ all that apply to client.

Making your **home** safer by...

- Removing items that you could trip over like clutter, mats, electric cords, etc.
- Keeping all walking areas open and free of objects.
- Ensuring flooring is level throughout home.
- Installing grab bars in the bathroom.
- Using non-slip mats inside and outside your shower/tub when bathing.
- Installing handrails on both sides of stairs.
- Having good lighting throughout home.
- Ensuring regularly used items are within reach.

Making your **walking** safer in your home by....

- Wearing well-fitted non-slip indoor shoes and/or socks with grips on bottom.
- Pacing yourself: don't rush when walking or getting up.
- Maintaining proper use of eyeglasses and hearing aids.
- Staying active and exercising daily.
- Using recommended transfer and mobility devices.
- Applying brakes on walker before sitting or standing up, and always have mobility device within arm's reach.

References

- [1] WRHA. Staying on Your Feet: Taking Steps to Prevent Falls. Retrieved from: <https://professionals.wrha.mb.ca/old/extranet/publichealth/files/SOYF-ComPres.pdf>
[2] WRHA. Staying on Your Feet. "Home Safety". Retrieved from: <https://preventfalls.ca/older-adults/home-safety/>
[3] WRHA (2017). 8 Steps to Stay on Your Feet. Retrieved from: <https://preventfalls.ca/wp-content/uploads/2018/03/8-steps-ENG.pdf>