

SELF-CARE:

PREVENTING FALLS AT HOME



CHECK FOR SAFETY:	WHAT TO DO:
FURNITURE	<ul style="list-style-type: none"> • Move your furniture around to clear a path for you to walk. • Ask someone to help move the furniture if you can't do it by yourself.
THROW RUGS	<ul style="list-style-type: none"> • Remove throw rugs. • Use a non-slip backing or double-sided carpet tape to hold rug in place.
CLUTTER	<ul style="list-style-type: none"> • Pick up things off the floor and try to keep floors clear. • Remove any clutter and obstacles in path.
CORDS & WIRES	<ul style="list-style-type: none"> • Keep cords out of walkways, tape and coil cords next to the wall. • If possible, add new outlets near electrical devices.
LIGHTING	<ul style="list-style-type: none"> • Use light bulb of proper & maximum wattage to provide good lighting. • Add overhead lights at top and bottom of stairs and steps. • Use light switches that glow to aid in finding the light at night. • Be sure your bedside lamp is easy to reach or keep a flashlight next to bed. • Add night lights between your bedroom and the bathroom.
STAIRS & STEPS	<ul style="list-style-type: none"> • Remove objects and keep steps clear of clutter. • Fix loose handrails or ask a professional to install new ones. • If they are carpeted, make sure it is firmly attached to every step.
FREQUENTLY USED ITEMS	<ul style="list-style-type: none"> • Store commonly used items within accessible reach. • Avoid placing frequently used items in places that are too high or too low.
TUB/ SHOWER FLOORS	<ul style="list-style-type: none"> • Use a non-slip rubber mat or self-stick strips on the floor of tub/shower. • Consider having grab bars professionally installed inside and next to tub/shower and toilet. Or, use an elevated toilet seat. • Mount liquid soap and shampoo dispensers to the shower wall so you do not have to reach or bend for soap or shampoo.
SHOES	<ul style="list-style-type: none"> • Wear shoes that fit properly and that have a non-slip soles.
PETS	<ul style="list-style-type: none"> • If you own pets, be careful while walking. They can cause you to trip if you don't see them.