



Falls Prevention Program: Part III

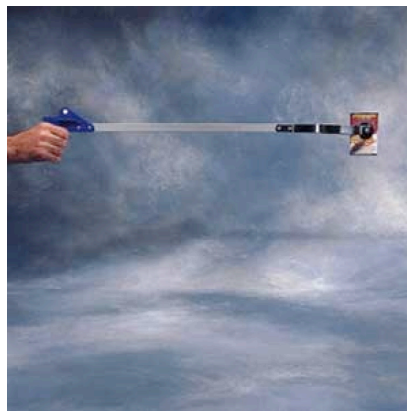
HOME SAFETY CHECK:

If you have fallen previously, you may be feeling nervous, anxious, or even helpless about moving about in your home, or in new environments. We at Peak Performance PT wanted to make sure that you are able to do the activities you desire. Here is something you can do TODAY to “fall- proof” your home! (see prior posts on medical checks, and assessing your risk for falling) Remember, this is only one **starting point**. You still have your physicians check, and exercise which will be the next and final Fall Prevention Program.

Let’s go through your home room by room.....

FLOORS: look in each room.

- ask someone to move the furniture so that you have a clear path from room to room.
- either remove throw rugs, use double sided tape to hold them down, or non-slip backing so that they don’t slip.
- Always keep objects like magazines, shoes, or towels off of the floor. If it is difficult to do so, there are a wide variety of reachers available at local stores (Debbys supply in East Rochester), or on line. These will allow you to reach high or low places to pick up light weight objects without reaching into a position that puts you off balance.



- Coil up or tape cords and wires next to the wall so that you do not walk over or trip on them.

STEPS AND STAIRS:

- always keep stairs free from ANY objects.
- fix loose or uneven steps
- have an electrician, or family member put in a light at the top AND bottom of the stairs! Both top AND bottom should have light switches. If they can get light switches that glow, that is even better.
- If you have a light that is burned out, ask a friend or family member to change it.
- make sure carpet is firmly attached to EVERY step, or remove the carpet and reapply non-slip rubber treads.
- Place a colored strip of tape at the top and Bottom of the last stair, especially in stairwells to the basement, or garage where it may be difficult to see.
- fix or attach handrails to *Both* sides of the stairwell. They should run the entire length of the stairs, and be able to hold your body weight if you were to slip.

Kitchen:

- Rearrange your cupboards to have the things you use most on the middle shelves . Waist to shoulder level shelves will be the easiest to reach.



- If you must use a step stool, get one with a bar to hold on to. It is MUCH steadier than a chair!

Bathrooms:

- Put non-slip rubber mat, or a self stick strips on the tub or shower floor.
- Have a carpenter or handy man (or woman) attach grab bars inside the tub/shower stall, and next to the toilet if necessary.
- Consider a night light in the bathroom, and or a non-skid shower chair.
- Avoid pulling yourself up by the sink. They are not often secured to the wall enough to support your weight.
- Consider a hand held shower head if you need to sit in your shower.



Bedrooms:

- Place a lamp close enough to reach while you are in bed.
- Keep a flashlight nearby your bed also.
- Clear a path from the bed to the bathroom. It should be lit by at least a night-light. Preferably one that goes on when it gets dark.
- Keep emergency numbers in large print near each phone.

Living rooms:

- avoid sitting in low furniture, or chairs with no arms if these are difficult to get out of. You should be able to touch your feet on the floor of the seat you are on. If not, try a pillow behind you. Use chairs that are firmer, and have arm rests.

General:

- Wipe up ALL spills immediately.
- Change the batteries in your smoke detectors when changing your clocks for daylight savings time. If it is too high, ask for assistance.

