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## Helpful Tips for Fall Prevention

More than 1/3 of adults 65 and older fall each year in the United States. Falls can lead to broken bones and result in extended hospital stays, nursing home placements, infection and death. Try these easy tips to lower your risk of falls.

### General

- Exercise regularly. Exercise programs like yoga and Tai-Chi that can increase strength, flexibility and improve balance are highly recommended.
- Have eye examinations at least once a year to stay on top of vision changes.
- Have a doctor or pharmacist review medications for side effects and interactions that might lead to increased fall risks (i.e., drowsiness, blurred vision, dizziness)

### Bathroom

- Remove all throw rugs that are not slip-resistant or use double-sided carpet tape to keep rugs from slipping.
- Add non-skid adhesive textured strips in the tub or shower floor.
- Insert a plastic shower chair to help ease access in and out of the tub.
- Install a raised toilet seat with armrests to help provide balance for sitting down and getting up.
- Install handrails and/or grab bars on the bathroom walls, especially near the toilet, bathtub or shower to help maintain balance.

### Kitchen

- Remove all throw rugs that are not slip-resistant or use double-sided carpet tape to keep rugs from slipping.
- Refrain from waxing the floors to avoid a slippery surface.
- Make sure all items in kitchen cabinets and cupboards are easily accessible.
- Avoid use of step stools.

### Stairs

- Consider adding handrails on both sides of the stairwell for more support.
- Consider adding stair treads to provide more traction.
- Consider adding an electric stair chair that would glide up and down the steps for further fall prevention.

### All Rooms

- Make sure all clutter is off the floor and the walkway is clear between rooms.
- Check the thresholds between each room to ensure they are level. Consider installing flooring transition strips to provide a safe transition from one flooring type to another.
- Improve the lighting throughout the home, especially between the bedroom and bathroom. As you get older, the need for brighter lights to see well increases.