

Fall prevention tips for your home



For seniors, falls in and around the home are the most frequently occurring accident.

In fact, falls are the leading cause of injury death among older adults.¹

Gain confidence to maintain your independence

A study reported in *The New England Journal of Medicine* found that preventing falls and the resulting injuries can reduce or delay the need to move to a long-term care facility.²

Causes of falls in and around the home

Health and age-related changes

- Problems with balance
- Slow reflexes
- Poor eyesight
- Use of certain medications

Dangerous situations in the home

- Slippery floors
- Poor lighting
- Electrical cords in pathways
- Loose rugs
- Raised thresholds
- Clutter

Live more confidently in your own home

Philips Lifeline, the leading medical alert service,* provides prompt, caring help and is available at the press of a button, 24 hours a day, 365 days a year.

For more information on Lifeline services (or to obtain more brochures)...

Call I-800-LIFELINE
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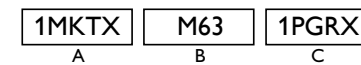
or visit us at www.lifelinesystems.com

Reducing fall risk



Reducing fall risk

A safety checklist



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1. Stevens, Judy, Ph.D. Falls among older adults – risk factors and prevention strategies, NCOA Falls Free: Promoting a National Falls Prevention Action Plan, 2005, pg.3.
2. Tinetti ME, Williams CS. Falls, injuries due to falls, and the risk of admission to a nursing home. *New England Journal of Medicine* 1997;337:1279-1284.



* No. 1 claim is based on number of subscribers.
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Button signal range may vary due to environmental factors.





Falls in the home can occur in bathrooms, bedrooms and on stairs. The following checklist is designed to help seniors minimize the risk of falling in their home.

Use this checklist to minimize fall risk

Outside your home

- ✓ Paint the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest.
- ✓ Paint outside stairs with a mixture of sand and paint for better traction. Keep outdoor walkways clear and well-lit.
- ✓ Clear snow and ice from entrances and sidewalks.

Inside your home

- ✓ Remove all extraneous clutter in your house.
- ✓ Keep telephone and electrical cords out of pathways.
- ✓ Tack rugs and glue vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip, or attach nonslip backing.
- ✓ Ensure that carpets are firmly attached to the stairs.
- ✓ Do not stand on a chair to reach things. Store frequently used objects where you can reach them easily.

Keep a well-lit home

- ✓ Have a lamp or light switch that you can easily reach without getting out of bed.
- ✓ Use night lights in the bedroom, bathroom and hallways.
- ✓ Keep a flashlight handy.
- ✓ Have light switches at both ends of stairs and halls. Install handrails on both sides of stairs.
- ✓ Turn on the lights when you go into the house at night.

Bathroom tips

- ✓ Add grab bars in shower, tub and toilet areas.
- ✓ Use nonslip adhesive strips or a mat in shower or tub.
- ✓ Consider sitting on a bench or stool in the shower.
- ✓ Consider using an elevated toilet seat.

Use care walking

- ✓ Use helping devices, such as canes, as directed by your healthcare provider.
- ✓ Wear nonslip, low-heeled shoes or slippers that fit snugly. Avoid walking around in stocking feet.

And don't forget...

- ✓ Review medications with your doctor or pharmacist. Some drugs, including over-the-counter drugs, can make you drowsy, dizzy and unsteady.
- ✓ Discuss safe amounts of alcohol intake with your physician.
- ✓ Have your hearing and eyesight tested. Inner ear problems can affect balance. Vision problems make it difficult to see potential hazards.
- ✓ Exercise regularly to improve muscle flexibility, strength, and balance. Talk to your healthcare professional about exercise programs that are right for you.
- ✓ If you feel dizzy or lightheaded, sit down or stay seated until your head clears. Stand up slowly to avoid unsteadiness.