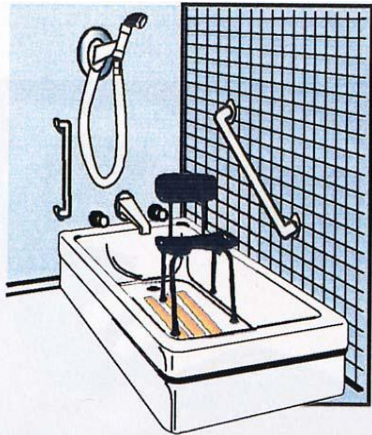


## **BATHROOM**

- Use a raised toilet seat and safety frame for ease in getting up and down from toilet
- Set water temperature at 120 degrees or less (prevent burns and falls trying to avoid burns)
- Consider a hand-held shower head, shower chair and handrails in the tub
- Place non-skid adhesive strips in the tub.
- Use liquid soap or soap on a rope to prevent dropping soap.



## **OTHER**

- Store items used often at waist level
- Select furniture with armrests for support in getting up and down
- Keep phone within easy reach
- Consult your provider or outpatient dietician if experiencing dizziness & weakness from poor nutrition or medication change.



**Nurses Touch Home Health  
Provider Inc.**

## **Fall Prevention at Home**

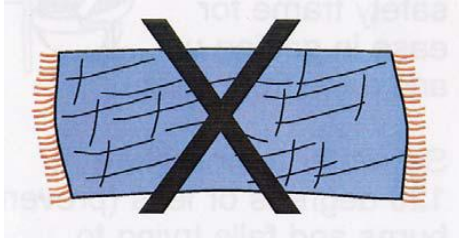
***Your risk of falling increases when you have:***

- Poor vision or hearing
- A history of falls
- Use of aids, such as a cane
- Poor nutrition
- Certain/multiple medications
- Conditions in home such as slippery floors, loose rugs,

***Our goal is to help you prevent falls at home!  
Here are some things that you can do to help lower your risk for falls at home.***

## **FLOORS**

- Remove scatter/throw rugs



- Place non-skid treads or double-sided tape under area rugs

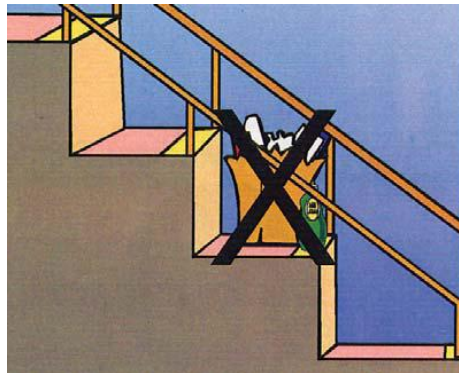


- Keep floors free from clutter
- Wipe up spills immediately
- Make sure floors are not slippery



## **CLEAR HALLWAYS AND STAIRS**

- Remove clutter, especially from hallways and stairwells
- Use handrails while taking the stairs
- Place non-skid treads or bright reflective tape to mark the edge of the stairs

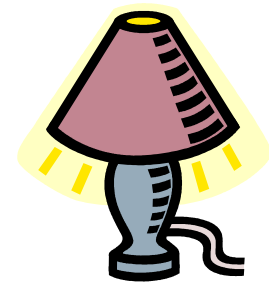


## **LIGHTING**

- Replace dim, burned out or glaring lights
- with bright, soft white light bulbs



- Use a night light
- Make sure light are easy to turn on and off



- Keep a flashlight available

