



## Peace of Mind

Reducing the risks of a fall begins at home. Through education and self-examination, we can eliminate the likelihood of falls.

## Free In-Home Assessment from Senior Homecare by Angels

Your local Senior Homecare by Angels agency can address the issues that are important to you and your family by performing a free in-home safety assessment at your convenience. The safety and security of seniors is our first concern at Senior Homecare by Angels, so call today.



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**403.862.0129**  
**[www.seniorhomecarebyangels.com](http://www.seniorhomecarebyangels.com)**  
**600 Crowfoot CR. NW, Suite 340**  
**Calgary, AB, T3G 0B4**

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# Fall Prevention

*How to Reduce the Risk of Falling for Older Adults*



# Here Are Some Things You Can Do to Reduce the Risk of Falling

Review the questions below carefully. For best results, correct the items you have checked off.

## Health, Safety & Home Assessment

- Do you take four or more medications daily?

Multiple medications can cause dizziness, drowsiness and balance problems. It is important to have all of your medications reviewed at least once a year by a pharmacist or doctor.



- Have you or those around you noticed a change in your hearing?

Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.

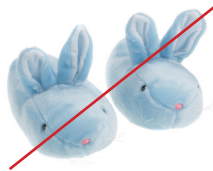
- Have you or those around you noticed a change in your vision?

Seeing obstacles is the first step in avoiding a fall. Keep your glasses clean. Have your eyes examined once a year.

- Have you fallen two or more times in the past six months?

Get a checkup! Falls lead to injuries. You need to find out why you are falling.

- Do you wear floppy slippers or a long bathrobe?



Wear well-fitting slippers with non-skid soles. Avoid night clothing that drags on the ground. Keep robe tied.

- Throw rugs?

Throw rugs pose a tripping hazard. They should be tacked down or removed.

- Stairs without rails?

Using hand rails to go up and down stairs is easier and safer. Add hand rails to all stairs, if possible.

- Clutter in your walking space?

Clutter such as shoes, electrical cords and magazines is a safety hazard. Keep pathways clear.

- Dark hallways or stairwells?

Good lighting can reduce the chance of falling.

- Consider adding night lights where overhead lighting is lacking.

- Add strips of bright tape to the edge of each stair.

- Always keep a charged flashlight near your bed for emergencies.

- A night light in the bathroom can also make night trips to the bathroom safer.



## Safety Precautions

1

### REACHING OVERHEAD?

Put commonly used things on shelves that are easy to reach. If you must reach overhead, keep a sturdy stool handy.

2

### PICKING UP OBJECTS FROM THE FLOOR?

Plan ahead. Move the object closer to something sturdy to hold on to.

3

### GETTING IN AND OUT OF THE BATHTUB?

Add grab bars to the walls or use a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can also be useful.

4

### GETTING IN AND OUT OF A CHAIR?

Avoid sitting on low furniture. Chairs with arms make it easier to get up.

5

### WALKING WITHOUT HOLDING ON TO SOMETHING?

If you feel unsteady without holding onto something, you may need a cane. Consult your doctor or health care provider.