

# Fall Prevention in the Home

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# Statistics

- Every year more than 30% of U.S adults ages 65 and older fall
- Falls are the most common cause of non-fatal injuries and hospital admissions in adults ages 65 and older
- Incidence of falls rise steadily after age 75
- Age and incidence of falls influence likelihood of recurrent falls

# Living Room

- Secure all carpets and large area rugs to the floor (put no-slip strips on tile and wooden floors; you can buy these at the hardware store)
- Arrange your furniture (especially low coffee tables) so it is not in your way when you walk
- Make sure your sofas and chairs are the right height for you to get in and out of them easily
- Keep electrical cords close to the wall and out of the way when you walk
- Keep the room clean; don't leave items on the floor

# Living Room



Make sure that your living room floors are clean and they are no items blocking your walking path. Ensure that there is enough room between furniture for you to safely walk



No slip strips for carpets

# Kitchen

- Place non-skid mats, strips, or carpet in areas that might get wet (ie. in front of the sink)
- Keep electrical cords and telephone wires near walls and out of walking path
- Keep the room clean; don't leave items on the floor
- Wipe up spills on floor
- Ensure cabinets are closed
- Secure any carpets to the floor
- Place commonly used items in reach

# Kitchen



Make sure that kitchen floors are clean and that there are no cabinets open



No slip mat in front of sink

# Bedroom

- Try to put night lights and light switches close to your bed
- Keep room clean and make sure there are no items on the floor
- Keep electrical cords and telephone cords near wall and not in walking path
- Secure all carpets and large area rugs to the floor (put no-slip strips on tile and wooden floors; you can buy these at the hardware store)
- Avoid wearing slippers or being barefoot when at home
- Bed height is important, if your bed is too low it will make it harder to get out of. Lower beds could also be beneficial because there is less fall distance

# Bedroom



Make sure bed is not too high or too low off ground



It is good to have a lamp near your bed in case you need to get up during the night

# Bathroom

- Place non-skid mats, strips, or carpet in areas that might get wet (ie. in front of the sink, shower, etc.)
- Place mount grab bars next to the toilet and in the shower to hold onto if needed and to use when getting up
- Put a chair in shower to sit if needed
- Keep area clean, ensure there is nothing on the floor
- Remember to turn on night light incase you use the bathroom at night

# Bathroom



Rails in the shower and by the toilet will be helpful to prevent falls

# Stairs

- Use railing at all times when going up and down the stairs
- Make sure railing is the full length of the stairs
- Make sure there are no items on your stairs
- Regularly check bolts and brackets to ensure they are not loose
- Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night

# Outside

- Make sure pathways are clear of shrubbery and debris
- Use handrails if you need to use steps when outside
- Make sure pathways are clear of water and snow

# References

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