Lighting

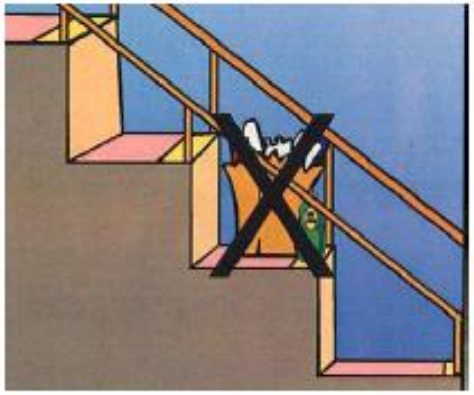
- Replace dim, burned out or glaring lights with bright, soft white light bulbs

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

- Keep a flashlight available

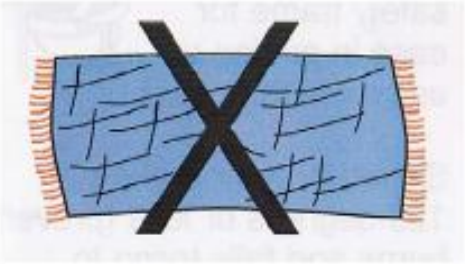
Clear Hallways and Stairs

- 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

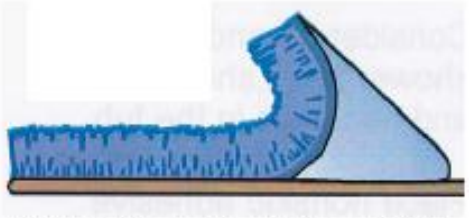


Floors

- 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

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
- Dizziness and weakness from poor nutrition or medication change, consult your provider or the outpatient dietician

Adapted from *Fall Prevention at Home*, Louis Stokes, Cleveland VA Medical Center

Fall Prevention at Home

Falls happen at home for many reasons. There are several things that are known to add to your risk for falling.

These include:

- Poor vision or hearing
- History of falls
- Use of aids, such as a cane
- Poor nutrition
- Certain medications
- Being over 65 years old
- Conditions of the home, such as slippery floors, loose rugs, cords on floor

Our goal is to help you prevent falls at home!

Here are some things that you can do that will help lower your risk for falls at home.

NCPS Falls Toolkit