Prevent Falls in Your Home

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Prevent Falls in Your Home

Description
This patient education handout shares tips for changes that can be made around the home to help prevent falls.

Keywords
occupational therapy, falls, fall prevention, home modification, home safety

Disciplines
Occupational Therapy | Rehabilitation and Therapy

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Prevent Falls in Your Home

Changes you can make around the house to help keep you safe

Stairs:
- Place rails on both sides of stair-well
- Use bright colored tape on edge of stairs
- Use non-slip cushion mats at bottom of stair-well
- Make sure stair-well has enough light

Other things to remember:

Lighting – Keep it bright. Turn on lights so you can see where you are going.

Grab bars – Use these to help you get up and balance as needed.

Footwear – Wear shoes with rubber soles. Do not walk around in socks or slippers.

Bathroom:
- Install grab bars in bathroom

Other areas of the house:
- Tape down or get rid of throw rugs