Avoid Falls at Home

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Avoid Falls at Home

**Description**
This patient education handout shares information on how to avoid falls at home.

**Keywords**
occupational therapy, fall prevention, safety

**Disciplines**
Occupational Therapy | Rehabilitation and Therapy

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Move with care
Take your time getting to the phone or door.
Use handrails.
Use your walker or cane.
Lock your walker when not moving.
Plan your path before you move.
Focus on one thing at a time when you move.

Clear your path
Keep things off the floor.
Keep cords along the wall or under furniture.
Move furniture to make more space.
Mark furniture edges with bright tape.
Put throw rugs away.

Use lights
Turn the lights on so you can see where you are going.
Use a lamp by your bed.
Use night lights in the room and bathroom.
Keep flashlights in places you may need extra light.
Keep a flashlight on your keychain.
Make your bathroom safe

Use a shower stool or bath bench.
Put grab bars in the shower and next to the toilet.

Be active

Go on walks.

To help you balance and move, try tai chi or easy yoga.

Rest and sit down when you get tired.

Tips for taking care of yourself and your home

Keep your cellphone or call button with you.

Keep your glasses near you so you can see.

Tell your doctor if you feel dizzy or tingling.

Carry things in a walker basket.

Sit down when you:
• fold laundry
• make cold breakfast
• put on clothes

Ask for help when needed.