

Preventing Falls in Older Adults

Preventing falls is an important part of living better as you get older.

Because aging puts everybody at greater risk for falling, follow this checklist to help reduce the risk of falling.

Do: Make sure that you have good bright lighting in your home. Use night-lights in your bedroom, hall and bathroom.

Do: Make sure rugs are firmly fastened to the floor or use non-skid backing. Remove throw rugs or small area rugs

Do: Move electrical cords so they are not lying on the floor in walking areas.

Do:

Install handrails and grab bars in your bathroom for baths, showers, and toilet use.

Use a non-slip mat in the shower.

Do:

Wear shoes inside and outside of your home. Be sure your shoes fit well, are in good condition, and have non-slip bottoms. And get regular foot care to help prevent foot pain.

Do: Always use handrails on both sides of stairs for support.

And make sure stairs and hallways are well lit.

Other tips to help you prevent the possibility of falling...

Do: Have your vision and hearing checked regularly. Wear eyeglasses and hearing aids as prescribed.

Do: Check with your doctor to make sure your medicines won't make you dizzy or sleepy.

Do: Check with drugstores and grocery stores in your area and see if they deliver to your home, especially when the weather turns bad.

And take care outside by being prepared.

Be sure walkways, decks, and floors are lit well, aren't wet or slippery, and clear of debris.

Do: Keep your hands free by using a shoulder bag or backpack.

Do: Keep a cell phone in your pocket, wear a smartwatch, or set up a voice-command emergency call device.

Do: Stay active. Being active increases your strength and balance.

What you choose to do today can help you prevent falls tomorrow and have more good days ahead.