

Title: Fall Prevention

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Abstract: Everyone should be safe in their homes, but sometimes it can be a dangerous place. This pamphlet will give you tips on how to make your home safer to get around in.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

What can make you more prone to fall?

- Previous falls
- Balance issues
- Unsteady walking
- Vision problems
- Certain medications
- Decreased daily activity

Your doctor will work with you to address these issues. Physical therapy may be an option to help balance problems. A physical therapist or doctor can decide whether you would benefit from a cane or walker.



Additional Information

Centers for Disease Control and Prevention: Falls-Older Adult

www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html

Images from Google images and CDC website

FALL PREVENTION

Tips for making you safer in your home



University of Minnesota
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Patient Education Tool

WHAT YOU CAN DO TO MAKE YOUR HOME SAFER

Floors:

- Move furniture to make your path clear
- Remove all rugs or apply non-slip backing to the rugs
- Keep small items like towels or magazines off the floor
- Coil or tape cords next to the wall
- Avoid using floor polish or wax on floors to reduce slippery surfaces
- Always wear shoes that have non-slip soles and avoid slippers or going barefoot in the house



Bedroom:

- Place a lamp close to bed that is easy to reach
- Install night-lights so you can see where you are walking



Stairs and Steps:

- Remove any objects on the stairs
- Fix all loose or uneven steps
- Have an overhead light at the top and bottom of the stairs
- Replace any burnt out light bulbs
- Make sure carpet is firmly attached or remove the carpet and attach non-slip rubber treads
- Install hand rails the entire length of stairs on both sides

Bathroom:

- Make a clear path from the bed to the bathroom
- Install handrails near both the toilet and the shower
- Add a non-skid mat to the bottom of the tub or shower



Kitchen:

- Place items that you use frequently on easy to reach shelves
- If a stepstool must be used, get one with a handle on it
- Never use a chair as a stepstool

