

Fall Prevention for Seniors

Injuries due to falls in the elderly can lead to restricted mobility and loss of independence. According to health statistics, injuries resulting from falls are the leading cause of admission to nursing homes.

Experts on aging (source: Wright State University-Miami Valley College of Nursing & Health) recommend following your doctor's instructions on taking medication, eating a well balanced diet, getting regular exercise and a good night's rest.

To prevent falls, take inventory of your surroundings and correct any safety hazards. HIProtector.com recommends the following precautions for a safe home environment:

- **Bathroom Safety**

- Install grab bars to get into and out of the tub
- Use a bath chair or stool in the shower
- Don't use throw rugs or wax on the bathroom floor
- Install a raised toilet seat with arm rails
- Buy soap on a rope, or put a bar of soap in a nylon stocking attached to a towel bar
- Store towels, wash cloths and other items within easy reach.

- **Bedroom Safety**

- Make sure the room is well lit; use nightlights
- Keep light switch close to bed
- Avoid slippery socks or awkward, ill-fitting slippers
- Cover and safely locate all loose extension cords

- **Kitchen Safety**

- Use a long-handled sponge/mop to wipe up spills
- Keep floors smooth, clean, and clutter free but not slippery
- Store often-used supplies in easy-to-reach cabinets
- Avoid hard-to-reach wall phones; consider a cordless phone that can be carried from room to room

Throughout the house:

- Make sure carpets are in good repair and secure area and throw rugs with skid proof backing
- Keep your home clutter free.

- Make sure all lighting is in good condition, especially in hallways, closets, and stairways.