



Suburban HME FALL PREVENTION INFORMATION

Fall prevention focuses on reducing risks and promoting safety to help individuals maintain their independence and avoid injuries.



FOUR THINGS YOU CAN DO TO PREVENT FALLS

- Exercise to improve your balance and strength
- Have your health care provider review your medications
- Have your vision checked on a regular basis
- Make your home safer



CLEAN UP CLUTTER

The easiest method for preventing falls is to keep your home neat and tidy. Remove all Clutter, such as stacks of old newspapers and magazines, especially from hallways and staircases.



REPAIR/REMOVE TRIPPING HAZARDS

Home fixtures can cause falls, leading to back pain and injuries. Check all rooms and hallways for hazards like loose carpets, slippery rugs, or raised floorboards. Repair, remove, or replace these items to enhance fall prevention.



INSTALL GRAB BARS & HANDRAILS

Safety devices such as grab bars and handrails are crucial for safe navigation in areas like stairs, toilets, and bathtubs. Dr. Gary Kaplan advises installing grab bars near toilets and bathtubs, as well as handrails in stairways and hallways. Installation may require help from a handyman or family member.

CONTACT SUBURBAN HME:

☎ 317.477.6463
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📍 1117 N State St, Greenfield, IN 46140
Hours: Mon. - Fri. 8am – 5pm
(Closed Holidays)



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MAKE IT NON-SLIP

Bathtubs and showers, as well as floors in kitchens, bathrooms, and porches, can become extremely dangerous when wet. To prevent falls on slick surfaces, Dr. Kaplan recommends non-slip mats.

AVOID WEARING LOOSE CLOTHING

You want to feel comfortable at home, but baggy clothes can sometimes make you more likely to fall. Opt for better-fitting and properly hemmed clothing that doesn't bunch up or drag on the ground.

LIGHT IT RIGHT

Inadequate lighting poses a significant hazard for the elderly. To improve safety at home, install brighter bulbs in stairways and narrow hallways. Dr. Robert Bunning suggests adding night-lights in bedrooms and bathrooms for better visibility at night.

WEAR SHOES

Socks may be comfortable, but they present a slipping risk. Preventing falls at home can be as simple as wearing shoes. You can also purchase non-slip socks that have grips on the soles of the feet if shoes are too uncomfortable.

LIVE ON ONE LEVEL

Even with the precautions like guardrails, stairs can present a significant falling hazard. "If possible, live on one level," says Kaplan. "Otherwise, be extra-careful when you negotiate stairs." If it's not possible to live on one level, try to limit the trips you take up and down the stairs.

MOVE MORE CAREFULLY

Dr. Bunning highlights that many home falls occur when transitioning quickly between sitting and standing. To prevent these falls, he advises taking a moment to pause after moving from lying down to sitting and from sitting to standing, as well as before using stairs.

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An Adult or Child can Fall for many reasons. If you are an older Adult, you may fall because your reaction time slows down. Your muscles and joints may get stiff, weak, or less flexible because of illness, medicines, or a physical condition. Other health problems that make falls more likely include:

Arthritis

Dizziness or lightheadedness when you get out of bed (Orthostatic Hypertension)

History of Stroke

Dizziness

Anemia

Certain medicines taken for Mental Illness

Problems with balance or gait

History of Falls with or without an injury

Changes in Vision (Vision Impairment)

Changes in thinking skills and memory (Cognitive Impairment)

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CHECK LIST FOR PREVENTING FALLS IN YOUR HOME:

STAIRWAYS

Make sure all handrails are not broken and are securely fastened.
Both sides of the steps should have handrails.

FLOORS AND RUGS

Make sure all floorboards are even and rugs – including area rugs – are secured to the floor with tacks, non-skid pads or double-sided tape.
Use non-skid floor wax.

KITCHEN

Item that you use frequently – such as dishes and food items – should be easy to reach
If you must use a stepstool, make sure that it has a bar at the top to hold on to

BATHROOMS

Be sure that you can move safely in bathroom area, and in-and-out of the tub or shower.
Remove soap build-up in tub or shower on a regular basis
Place non-slip strips in the bath/shower
Install adjustable height shower heads
Mount grab bars at the toilet, bath and shower on walls with secure reinforcements to prevent bars from coming loose
Secure bathmats with non-slip, double-sided rug tape

LIGHTING

Place Nightlights in hallways, bedrooms, bathrooms, and stairways
Install Light switches at the top and bottom of stairs
Place a lamp (and telephone) near your bed
Keep lighting uniform in each room and add lighting to dark spaces

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