

FALL PREVENTION TIP SHEET

Falls are common among older adults, but most are preventable through lifestyle changes, environmental modifications, and regular exercise.



Wear your hearing aids and eye glasses as prescribed.



Install grab bars next to thresholds, low toilets, and inside the shower or bathtub.



Ensure good lighting throughout your home. Consider motion sensor lights or night lights.



Make sure there is a sturdy handrail near all stairs.



Eliminate tripping hazards! Keep pathways clear by removing clutter, securing cords, and repairing uneven flooring.



Keep your hands free! Use a walker basket or tray, rolling cart, or cross-body bag to carry items safely.



Use non-slip mats in the shower and secure all rugs with rug-tape or a non-slip pad.



Place household items in easy to reach places to avoid climbing, reaching or straining.



Wear supportive shoes with non-slip soles. If you wear socks indoors, choose non-slip socks instead of regular socks.



Carry your phone with you at all times or consider a wearable medical alert system.



Stay Active! Regular strength and balance training are one of the best ways to reduce your risk of falls.

Questions? We would love to help.

 hello@themovementexpertspt.com

 617.652.5656

 www.themovementexpertspt.com