

Tips to Prevent Falls at Home



Make sure the house is well lit.



Keep things in easy to reach places.



Remove clutter and cords from walkways.



Clean up spills immediately.



Install handrails on stairs and grab bars in bathrooms.



Remove or secure throw rugs and mats.



Wear shoes that fit well with non-slip soles.



Exercise regularly to stay independent.

Community Resources Eldercare
Locator: 1-800-677-1116
Milwaukee County Falls
Prevention Coalition:
www.mcfpc.net

