

FALL PREVENTION & HOME SAFETY

Quick Safety Tips for Community Living

Falls can happen to anyone, but certain medical conditions, mobility limitations, medication side effects, cognitive changes, and home hazards can increase the risk of serious injury. Simple safety steps can help support safe and independent living at home and in the community.

COMMON FALL RISKS

- Poor lighting
- Loose rugs or clutter
- Wet or slippery floors
- Weakness or fatigue
- Balance or mobility difficulties
- Unsafe footwear
- Medication side effects
- Vision or memory changes

HOME SAFETY TIPS

- Keep walkways clear
- Improve lighting throughout the home
- Remove loose rugs and cords
- Install grab bars when appropriate
- Use non-slip mats in bathrooms
- Keep commonly used items within reach

PHYSICAL SAFETY

- Use mobility devices as recommended
- Wear supportive, non-slip shoes
- Rise slowly from sitting or lying positions
- Take breaks when fatigued
- Stay active within your abilities

BRAIN INJURY & MEMORY SUPPORT

Individuals living with brain injury, dementia, or memory impairments may experience:

- Poor safety awareness
- Impulsivity or distractibility
- Wandering behaviors
- Difficulty recognizing hazards

Maintaining routines, reducing clutter, and providing supervision when needed may help reduce risks.

WHEN TO REACH OUT FOR HELP

Speak with your medical provider, therapist, Service Coordinator, or support team if there are:

- Frequent falls or near-falls
- Changes in balance or walking
- Increased weakness or confusion
- Difficulty safely moving around the home

A1 SERVICE COORDINATION

Supporting individuals, families, caregivers, and community members throughout New York with resources, education, and support for safe and independent community living.

www.a1servicecoordination.com

(914) 429-4574

Referral Line: (914) 247-4521