

Fall Prevention & Home Safety

Supporting Safe, Independent Living in the Community

Falls can happen to anyone, but certain medical conditions, mobility limitations, cognitive changes, medication side effects, and environmental hazards can increase the risk of serious injury. Taking steps to improve safety at home and in the community can help individuals remain independent, reduce injuries, and improve overall quality of life.

At A1 Service Coordination, we understand that every individual's needs are different. Fall prevention should always be person-centered and tailored to the individual's physical, cognitive, and environmental needs.

Common Fall Risks

Some common factors that may increase the risk of falls include:

- Poor lighting in the home
 - Cluttered walkways or loose rugs
 - Wet or slippery floors
 - Unsafe bathroom setups
 - Weakness, fatigue, or poor endurance
 - Balance or mobility difficulties
 - Unsafe footwear
 - Medication side effects such as dizziness or drowsiness
 - Vision changes
 - Cognitive or memory difficulties
 - Rushing or poor safety awareness
 - Unsafe transfers in and out of bed, chairs, or showers
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Fall Prevention Tips

Simple changes can help reduce fall risks and improve safety at home.

Home Safety

- Keep walkways clear of clutter and cords
- Remove loose rugs or secure them properly
- Ensure rooms and hallways are well lit
- Install grab bars in bathrooms when appropriate
- Use non-slip mats in showers and tubs
- Keep frequently used items within easy reach
- Arrange furniture to allow safe movement throughout the home

Mobility & Physical Safety

- Use mobility devices as recommended by medical providers
- Wear supportive, non-slip footwear
- Rise slowly from sitting or lying positions
- Take breaks when fatigued
- Attend regular medical and vision appointments
- Stay active within your abilities to help maintain strength and balance

Medication Safety

- Review medications regularly with medical providers
 - Be aware of medications that may cause dizziness, fatigue, or confusion
 - Report new side effects to your doctor immediately
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Brain Injury & Cognitive Considerations

Individuals living with a traumatic brain injury (TBI) or cognitive impairments may experience additional fall risks related to:

- Poor safety awareness
- Distractibility
- Impulsivity
- Fatigue
- Difficulty with judgment or problem-solving
- Dizziness or sensory overload
- Memory difficulties

Creating consistent routines, reducing distractions, and maintaining a safe environment can help reduce risks.

Dementia & Memory Support

Individuals living with dementia or memory impairments may experience:

- Increased confusion
- Wandering behaviors
- Difficulty recognizing hazards
- Poor judgment regarding safety
- Nighttime confusion or disorientation

Caregivers and support teams may consider:

- Maintaining consistent routines
 - Improving lighting throughout the home
 - Removing unnecessary hazards
 - Providing supervision when needed
 - Using clear pathways and simple home layouts
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Community Safety Tips

Safety outside the home is equally important.

- Allow extra time when traveling
 - Use assistive devices consistently in the community
 - Be cautious on uneven sidewalks or crowded areas
 - Avoid carrying too many items at once
 - Dress appropriately for weather conditions
 - Plan transportation needs ahead of time
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When to Reach Out for Help

It may be helpful to speak with your medical provider, therapist, Service Coordinator, or support team if there are:

- Frequent falls or near-falls
- Increased weakness or fatigue
- Changes in walking or balance
- New confusion or memory concerns
- Difficulty safely moving around the home
- Concerns from caregivers or family members

Additional supports, services, equipment, or home modifications may help improve safety and independence.

A1 Service Coordination

A1 Service Coordination supports individuals throughout New York. Our team works closely with individuals, families, providers, and community supports to help identify resources and services that promote safe and independent community living.

For more information, visit:

www.a1servicecoordination.com

Phone: (914) 429-4574

Referral Line: (914) 247-4521