

Tips for Preventing Falls

As we age, the risk of falls increases, which can lead to serious injuries and impact quality of life. However, by implementing preventive measures, seniors can minimize the risk of falls and maintain their independence. Keep reading for some fall prevention strategies and tips to help keep you or a loved one safe and active.



Keep Your Home Safe From Hazards

- Tape down cords, remove clutter from pathways, and secure rugs to remove tripping hazards.
- Store things within easy reach or have a grab stick on hand for getting things that are too high.

Invest in In-Home Equipment and Technology

- Install handrails in the stairways and non-slip mats on the stairs.
- Install grab bars in the shower and next to the toilet, have a non-slip mat or a bath seat in the shower.
- Make sure to have nightlights around the home.
- Wear sensible shoes that are easy to walk in. Use a cane or walker if needed.
- An emergency response system, mobile phone, smart home device, or smartwatch can be good things to have on hand to call for help if an emergency occurs.

Stay Physically Active

- Staying active improves strength, balance, coordination and flexibility.

Talk to Your Doctor

- Make sure your doctor knows about any medications you are currently taking as those can sometimes affect balance and stability.
- An occupational therapist can help with other fall prevention strategies.

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