

FALL PREVENTION

- As we age, we lose bone and muscle mass.
- If we lose too much strength, our balance can be affected. This can lead to an increased risk of falling.
- Hip, shoulder, and wrist fractures are common breaks in the elderly due to falls.
- Bed rest can cause one to lose more strength and increase the chances for loss of an independent lifestyle. Therefore, it is important to minimize the chance for falls.

Preventing Falls

- Make sure an assistive device is available, if it is needed, such as a cane or walker.
- Participate in a regular exercise program to maintain strength and balance.
- Evaluate your home for items or things that can cause or contribute to falls and remove/change those risks.

Creating a Fall-Proof Home

Bathroom Safety



- Install grab bars or handrails in the shower, on walls around the bathtub and alongside the toilet.
- Always use a nonskid bathtub/shower mat.
- If you bathe in a shower rather than a tub, install a nonskid shower seat and a hand-held shower head so that you can sit while bathing.

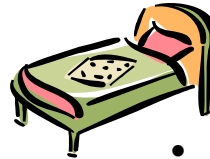
Stairway Safety



- Install handrails and always hold on to them when walking up or down the steps.
- Make sure there is a light switch at the top and bottom of each staircase.

Living Room Safety

- Secure wall-to-wall carpeting firmly
- Area rugs should be backed with a nonskid padding. Avoid putting small area rugs on top of larger carpets
- Keep electric cords, telephone cords, newspapers, magazines, and other clutter away from walking areas.
- Sit in a firm chair with armrests, which make it easy to get up from.



Bedroom Safety

- Sit on the edge of the bed or in a chair when putting on socks, shoes, or slacks.
- Use a night-light in the hallway between the bedroom and the bathroom
- When getting up from bed, first swing your legs over the side and sit for a minute or two. Stand up slowly to avoid a brief period of low blood pressure, which could make you dizzy.

Kitchen Safety

- Store commonly used items (pots, dishes, food, etc.) within easy reach to avoid bending or climbing.
- Use a long-handled grasping device to reach objects that are on the floor or on high shelves.
- Use a cart to move heavy or awkward items.



Alpha Physical Therapy, Inc.
1681 Cranston Street, Cranston, RI 02920
(401) 223-0230