

FALL-PROOFING YOUR HOME

WHERE ARE THE HIDDEN HAZARDS FOR AT HOME SENIORS?

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many simple changes you can make to your home that will help you avoid falls and ensure your safety.



1. In Stairways, Hallways, and Pathways

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Make sure all floor boards are even and rugs, including area rugs, are secured to the floor with tacks, non-skid pads or double-sided tape.



2. Lighting

- Place nightlights in hallways, bedrooms and stairways
- Install light switches at the top and bottom of stairs.
- Place a lamp (and telephone) near your bed. Also keep a flashlight by your bed in case the power is out and you need to get up.
- Keep lighting uniform in each room and add lighting to dark spaces.

Top 10 Hidden Hazards for Seniors at Home:



Stairs



Lighting



Flooring



Bathtub & Shower



Toilet



Obstructed Walkways



Seating



Electrical Cords & Appliances



Medication



Smoke & Fire

Started by Physicians.
 Locally Operated by Clinicians.
 Always Patient Focused.



Nursing



Physical Therapy



Occupational Therapy



Speech Therapy



Nurse aide Services

North Canton
 7951 Pittsburg Ave. N.W.
 North Canton, OH 44720
 330.491.8161

New Philadelphia
 1243 Monroe St. NW,
 New Philadelphia, OH 44663
 330.491.8161



FALL-PROOFING YOUR HOME



3. In Bathrooms and Powder Rooms

- Be sure that you can move safely in the bathroom area, and in and out of the tub or shower.
- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips or carpet on all surfaces that may get wet.
- Remember to turn on night lights.
- Make sure your toilet is at the right height for you to get on and off of it easily.



4. In Your Bedroom

- Keep a flashlight by your bed in case the power is out and you need to get up.
- Make sure the path from your bed to bathroom is clear of any obstacles or tripping hazards.
- Be careful getting out of bed. Sit up slowly. Take a short breath before fully standing up out of bed.



5. In Other Living Areas

- Keep electric cords and telephone wires near walls and away from walking paths.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Keep items you use often within easy reach.
- If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you if you need to use it.
- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Keep emergency numbers in large print near each telephone.



5. Other Steps for protecting yourself Against Falls

- Ask your physician about the effects of the prescription and non-prescription medication you are taking. Some medications can cause dizziness or light-headedness that can lead to falls. As people age, the effects of medications may change.
- Check with your physician about the physical activity and exercise appropriate for you. Stay as physically active as you can. Exercise helps to prevent falls, especially activities that enhance balance and coordination.

Home Improvements Prevent Falls

Many State and local governments have education and/or home modification programs to help older people prevent falls. Check with your local **health department**, or local Area Agency on Aging to see if there is a program near you.

Source: National Institute on Aging (<https://www.nia.nih.gov/health/fall-proofing-your-home>) n4a.org National Association of Area Agencies on Aging

Get an Expert's Advice

AARP, together with the National Association of Home Builders (NAHB), offers Certified Aging in Place Specialist (CAPS) training. Visit the NAHB website to find a CAPS certified contractor to assess and work on a senior's home. (aarp.org)

Home Care Tip:

Call Advantage for a free in home assessment if you feel you need assistance in your home. Call us 24/7 at 330.491.8161 to talk to a qualified therapist.