

Suggestions to Help Prevent Your Loved One from Falling Down

- Keep their doctor informed of any incident of falling, feeling unsteady, dizzy or sleepy
- Have your loved ones eye checked at least once yearly
- Keep all walkways and floors completely clutter free
- Remove small rugs - remove all loose rugs
- Repair broken or uneven steps
- Look for any home hazard that could result in a fall
- Make sure your loved one wears good fitting footwear
- Add grab bars, like the bathroom, kitchen or entrance ways
- Have handrails and lights installed on all staircases
- Make readily available canes and walkers
- Shower bars and bath stools may be necessary
- Make sure your home has lots of light, add brighter bulbs, install motion sensor lights for nighttime use
- Watch out for outdoor curbs and sidewalk cracks



In the event of an EMERGENCY CALL 911 immediately

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