

# FALL PREVENTION



**Exercise:** Get regular exercise. Exercise makes you stronger. It also helps you feel better. The most helpful exercises are those that improve balance and coordination. Tai Chi is one of these kinds of exercises.

**Medicines:** Ask your doctor to review your medicines. The side effects of some medicines can make you sleepy or dizzy. This can cause you to fall.

**Vision:** Get your eyes checked by your eye doctor. Your chances of falling are increased if you have poor vision.

## Your Home:

**Bedroom:** Make sure the room is not cluttered.  
Keep objects, clothes included, off the floor.  
Keep a lamp near the bed.  
Use nightlights from the bedroom to the bathroom.

**Stairs:** Make sure your rugs are fastened well.  
Don't put objects on the stairs.  
Make sure the handrails are sturdy.  
Put lights in the stairways so you can see easily.

**Living Room:** Use carpet tape to secure area rugs so they do not slide.  
Do not run electrical cords across the floor.  
Secure the cords to baseboards or put them behind furniture.  
Arrange the furniture so there are clear paths through the room.  
Keep objects off the floor.

**Bathroom:** Put floor strips in the shower for traction.  
Install grab bars so you can get in and out of the tub safely.  
Wipe up any water that splashes onto the floor.

**Kitchen:** Clean up any water that drips or spills.  
Use a sturdy step stool to reach items on high shelves.



## Other Tips:

Wear shoes inside and outside.  
Stand up slowly after you have been sitting or lying down.

## References:

CDC. (n.d.). *What YOU can do to prevent falls*. CDC Foundation, MetLife Foundation. [www.cdc.gov/injury](http://www.cdc.gov/injury)  
CDC. (n.d.). *Check for safety: A home fall prevention checklist for older adults*. CDC Foundation, MetLife Foundation. [www.cdc.gov/injury](http://www.cdc.gov/injury)