

10 TIPS TO HELP AVOID FALLING IN YOUR HOME

Taking these steps can help reduce your risk of falling and help you live safely in the comfort of your own home. If you would like an evaluation of your home's safety, a Partners in Care nurse can provide a Skilled Assessment.



1. Wear shoes and slippers that have non-slip soles.
Avoid wearing socks only—they might cause you to slip.



6. Prefer chairs with armrests—they're easier to get in and out of.



2. Consider installing handrails in your bathroom and non-slip strips or a rubber mat in your bathtub.



7. Before you go to sleep, place glasses within easy reach.
Get out of your bed slowly, sitting up before you stand.



3. Consider using a handheld shower head and handrails for support.



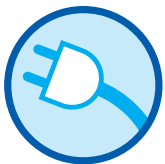
8. Be sure hallways and staircases are well-lighted.
When walking up or down stairs, hold onto a handrail.



4. Don't leave clothes, bags or other objects lying on the floor—you might trip over them. Remove or secure any loose rugs or mats.



9. Store most frequently used items on low shelves within easy reach.



5. Place loose electrical cords or telephone wires out of walking areas.



10. Consider using a cordless phone and an answering machine with caller ID so missed calls can be returned.