



StayHealthy

Health Information from the Visiting Nurse Service of New York

10 Tips to Help Avoid Falling in Your Home

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



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



3. Consider using a hand-held shower head and handrails for support.



4. Don't leave any clothes, magazines, bags, or other objects lying around on the floor – you might trip over them.

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



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

7. Remove or secure any loose rugs or mats.

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

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

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



Taking these steps can help reduce your risk of falling and help you live safely in the comfort of your own home.

— Ask the Nurse —

What is a Personal Emergency Response System?

A Personal Emergency Response System (PERS) is an electronic device that you can use to get help in an emergency, particularly if you are alone. You carry or wear a transmitter that is connected to your telephone. If you need help, you press the help button and it calls pre-selected emergency numbers to get help. Most PERS are programmed to call an emergency response center that will manage the situation until the crisis is resolved.

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