



Importance of Fall Prevention

- Older adults are more likely to have declining vision, muscle strength, and equilibrium
- An older adult that has fallen before is more likely to fall again
- A fall could result in serious injury, hospitalization, or in some cases, death
- One out of three people over 65 have a serious fall each year

Fall Prevention Safety Checklist

Indoor Hazards

- Is the floor cluttered? Are there wires or cables running across the floor?
- Are carpets loose? Are area rugs attached to the floor?
- Do you have quality shoes or slippers with non-slip soles?
- Is lighting adequate in high traffic areas of the home?
- Are essentials placed to avoid reaching or bending?
- Are grab bars and handrails available and secure in bathrooms and stairways?

Outdoor Hazards

- Check for uneven sidewalks or tree roots.
- Do all stairs have railings?
- Do you have a plan for ice or snow removal?
- Do you have quality shoes?
- Are there places outdoors to rest if you become fatigued?

Ask your doctor or medical team:

- Ask to check blood pressure both sitting and standing.
- Ask your doctor if your medications could cause dizziness or reduced agility.
- Ask your doctor to check your vitamin D levels.
- Ask for a gait and balance evaluation.
- Have your vision checked annually.

Keep your loved ones safe. (314) 962-2666
Call us today, we can help.

