

FALL PREVENTION

After age 65 the risk of falls and injuries from falls are a common and often preventable problem. Please take a careful look at the following precautions for you and or your love one.

1. Stay physically fit and an exercise regularly.
2. Stand up straight and practice taking long steps.
3. Always stretch before getting up and make sure you are steady before you start walking.
4. Get good, sensible, walking shoes with arch support. Consider shoes with leather soles; avoid high heels and avoid walking in socks.
5. Remove throw rugs and clutter from pathways. Consider hand rails, raised toilet seats, grab bars and or shower chair for the shower.
6. Look carefully at the floor surface, don't carry objects in both hands while walking and avoid pivoting on one foot.
7. Keep good lighting. Avoid walking in the dark. Consider nightlights in the bedrooms, and voice or touch activated lamps.
8. Avoid using stepladders or stools to reach above.
9. If living alone, arrange for daily contact and consider getting a monitoring company.
10. Discuss with all your doctors the possibility that some of the medicines could be contributing or causing the problem.
11. Check your vision and hearing.
12. Have an evaluation to see if a walking device like a cane, quad cane, walker, or a wheelchair is needed.