








How to Prevent Falls at Home

These are some things you can do to keep yourself safe:

Around the House 	From Lying Down to Standing Up 	Walking and Moving Around 
<ul style="list-style-type: none"> • Look at the places where you walk in your home. Be sure there is nothing in your way, such as: <ul style="list-style-type: none"> ○ Furniture ○ Wires or cords, like from fans or lamps • Remove area rugs, or use non-slip backing. • Keep floors clean, dry, and clutter-free. • Place non-slip stickers on bathroom and shower floors. • Place grab bars in bathroom around toilet and shower. • Use nightlights to give you light from the bedroom to the bathroom. • Use handrails, especially in stairways. • Keep bright lighting in your home. • Keep rooms cool to reduce dizzy spells. 	<p>If your right side is the strongest, get out of the bed on that side.</p> <p>Follow these steps to stand up.</p> <ol style="list-style-type: none"> 1. Sit on the edge of the bed and dangle your feet for a minute before you stand up. 2. Move your feet up and down at your ankle to get your blood pumping. 3. Look down (but don't bend down) and place your "nose over your toes" before you stand up.  <ol style="list-style-type: none"> 4. Push off the bed or chair using your arms. Do not use an object to pull up. 5. Wait a minute before you start to walk. 	<ul style="list-style-type: none"> • Wear shoes that: <ul style="list-style-type: none"> ○ Fit you well (not too big, not too small) ○ Have firm, non-slip soles ○ Do not have a heel ○ Have strong support around the back of your foot • If you have a walker, cane, or crutches: <ul style="list-style-type: none"> ○ Make sure it is in good shape ○ Use it like your health care team told you to • Plan your physical activity at times that you will have help. • If you feel weak or wobbly, ask someone to help you get up or walk. • Take your time when turning around. • Keep items easy reach, so you do not need to bend over or use a stool. • If you must use a stool, use one with rails. Do not use chairs as step stools.

Taking Your Medicine 	Going to the Bathroom 	Other Tips 
<ul style="list-style-type: none"> • If you take more than one medicine that makes you sleepy, try to take them at different times of day. For example, do not take a sleeping and a pain pill together. • Talk to your doctor or pharmacist about side effects of any medicine you take. They may want to change the time you take some of them with side effects that increase your risk for falling. For example, ask if you can: <ul style="list-style-type: none"> ○ Take water pills in the morning so you do not have to go to the bathroom as much at night. ○ Take medicine that may make you sleepy at night. 	<ul style="list-style-type: none"> • Get a raised toilet seat (if needed) • Go to the bathroom every 2 to 3 hours during the day. • Have someone stay close to you when you go to the bathroom. • Sit down on the toilet to prevent dizzy spells. • Do not drink anything after 8 PM to prevent extra trips to the bathroom during the night. • Use the bathroom before you go to bed. • If you use a bedside toilet, put the seat facing your bed. This keeps you from having to walk around the toilet. • Pull your pants up over your knees before you stand up. This way, you do not have to bend forward to pull them up while standing. • Rise slowly from the toilet. Do not lean forward. • Use grab bars and hand rails to keep you steady. Other items are not strong enough to hold you. • So you do not get constipated (have hard poop): <ul style="list-style-type: none"> ○ Drink plenty of fluids during the day ○ Eat fiber as allowed by your diet 	<ul style="list-style-type: none"> • Wear your glasses or contacts and hearing aids. • Wear an around-the-neck holder for your glasses to keep them with you all the time. • Have an eye exam every year. • If you are diabetic, check and keep your blood sugar at safe levels. • If you have an arm or leg that is paralyzed or numb, keep it bent about halfway, or where it is comfortable. This will help with blood flow. <p>Call your doctor if you have:</p> <ul style="list-style-type: none"> • Pain or loss of feeling in your feet • Large, thick toenails and corns • Dizzy spells