



**RED
FEATHER**



HEALTHY HOME FLASHCARDS

TRIPPING AND FALLING

WHAT IS IT:

More than 1 in 3 people 65 years and older falls each year. As we age our mobility and overall health becomes less stable due to a range of declining functions such as eye sight, strength, and balance.

WHAT IT DOES:

Falls can result in a variety of injuries for seniors including hip fractures and head injuries. They can also lead to a host of other health, social and economic consequences.



WHAT YOU NEED

Anti-slip bath/shower mat, bath safety rail, hand held shower, shower chair, toilet frame/riser: Miscellaneous: door assist; step stool.

WHAT YOU CAN DO

- Make sure all entries into the home are safe, including railings, steps and ramps, flooring, and doorway entry space.
- Create clear pathways in your home so you can easily navigate around furniture and other belongings.
- Get rid of tripping hazards like bulky carpets, rugs, and electrical cords.
- Avoid storing frequently used objects on high shelves or cabinets. If necessary, use a non-slip stepping stool with handle to reach objects that are out of reach.
- Items such as anti-slip mats, shower chairs, handheld shower, and tub safety rails can help prevent falls in the tub/shower.
- Get rid of bulky floor rugs outside of the shower. Instead choose low profile door mats that can still absorb water and prevent slips, but won't create a tripping hazard.
- Toilet frames and risers help with sitting and standing by adding bars and increasing height.
- Replace towel racks with supported safety railing.
- Swap out the knobs on your cabinets, doors, tubs/showers, and lights with easier to use handles and levers.

DID YOU KNOW?

Exercise has been shown to be an excellent preventive measure in reducing the risk of falling.