



10 BIG STEPS
TO PREVENT FALLS

BIG Steps 5 & 6: **Fall-Proof Your Home**

Featured Speaker:

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Presented by:

Ohio Department of Aging
Ohio Older Adult Falls Prevention Coalition

With contributions from:

Holmes County General Health District
Ohio Northern University
Ohio State University Wexner Medical Center
Select Home Care



Today's agenda

- Fall Prevention at Home
 - Throughout the home
 - Stairs
 - In the bathroom
 - In the bedroom
 - In the kitchen
- Other tips
- Where to go for more information



Throughout the home



- Remove throw rugs so you do not trip on them.
- Replace or remove carpet that is torn or has turned-up edges. Avoid thick carpet. Shoes may catch on these and cause you to stumble or fall.
- Move furniture or other things that may block pathways.



Throughout the home



- Be sure you have good lighting throughout your home.
- Use night lights or leave some lights on in the house to help you see at night or when you come home in the evening.
- Use switches that glow in the dark, so they can be seen more easily.



Throughout the home

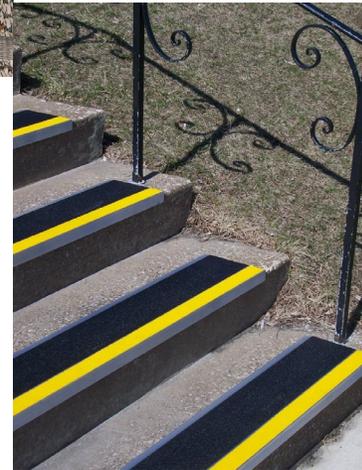
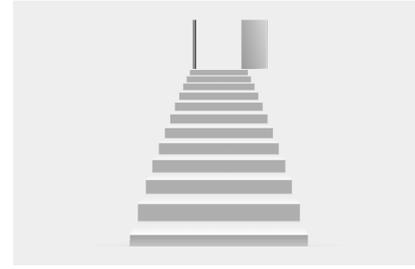


- Keep electrical cords and small things out of your path.
- Use your cane or walker rather than using furniture to give you support when walking.



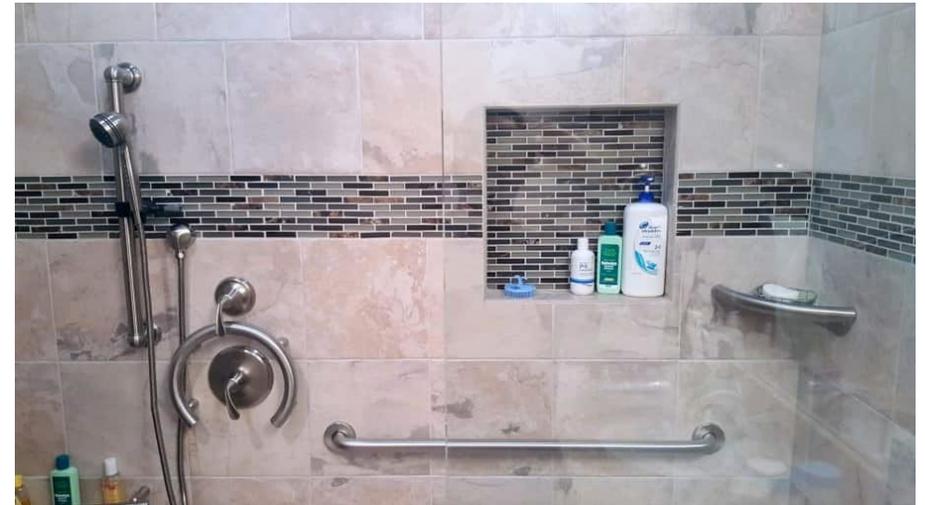
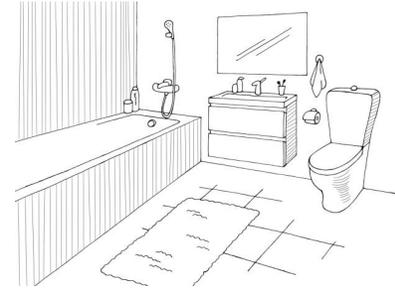
Stairs

- Mount sturdy handrails to help with going up and down stairs. They should extend beyond the top and bottom stair.
- Improve the visibility on your stairs. Have good lighting on the stairs. Non-skid surfaces can be applied to wood stairs to prevent sliding.
- Paint a bright colored line on the edge of each step so they are more easily seen, especially if you have poor vision.

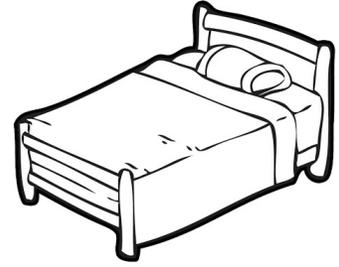


In the bathroom

- Place non-skid decals or a mat in the tub or shower.
- Install grab bars around the toilet and in the shower or bathtub. Towel bars are to hold towels, and they will break if you use them as grab bars.
- Use a tub seat and an elevated toilet seat.
- Leave the bathroom door unlocked so it can be opened if you do fall.



In the bedroom



- Avoid wearing long nightgowns or robes. These can cause you to trip.
- Avoid wearing loose shoes that cause you to scuff or shuffle your feet as you walk.
- Wear shoes or slippers that fit well and stay securely on your feet.



In the kitchen

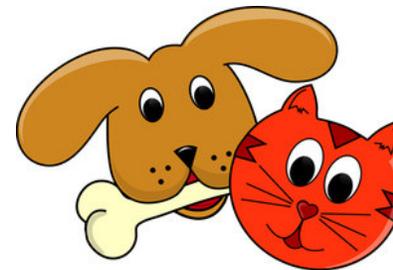
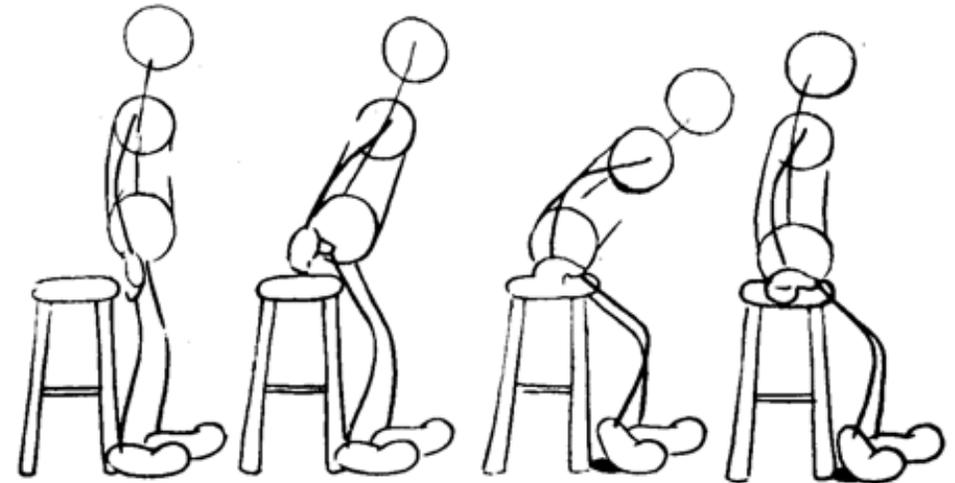
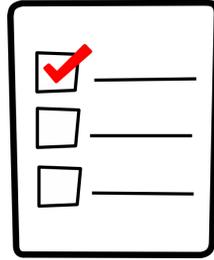


- Have commonly used items at counter level or within easy reach.
- Do not climb or reach to high shelves.
- If you use a step stool, use a stable step stool with a handrail.

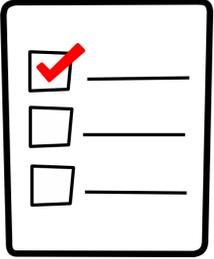


Keep from falling this fall

- Be careful that you do not trip over your pet. Be aware of where your pet is when you are moving around.
- Use caution when sitting down. Before sitting down on a chair, make sure the backs of your legs are touching the seat of the chair behind you.
- Keep a telephone close by or consider carrying a portable phone.



Keep from falling this fall



- Take your time. Get in the habit of moving at speeds that are safe for your energy level and ability. Do not rush to answer the phone or door.
- Ask for help when getting up from bed, a chair or the toilet if you feel at all shaky, weak, dizzy or lightheaded.



CAN YOU?
HELP

References

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www.odh.ohio.gov/wps/portal/gov/odh/know-our-programs/violence-injury-prevention-program/falls-among-older-adults/

www.aging.ohio.gov/wps/portal/gov/aging/care-and-living/health-and-safety/fall-prevention/fall-prevention-at-home-1

Join us tomorrow for

BIG Steps 7 & 8: Eat Well to Prevent Falls

Presented by:

Carmen Clutter

Ohio Department of Aging



THANKYOU!

Find more information to help prevent falls: www.steadyu.ohio.gov



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Aging



**OHIO INJURY PREVENTION
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