

# Preventing Falls and Related Injuries

Falling in your home can lead to serious, painful injuries, including head trauma and broken bones. Your care team wants to help you stay safe and maintain your independence by following the important steps below to prevent falls and injuries.

## Safety where you live:

- Arrange furniture so there is a clear path for walking.
- Remove throw rugs or secure them with non-slip backing.
- Remove objects from the floor, such as shoes, papers, books, towels, and blankets.
- Clear wires or cords from walkways.
- Ensure lamps, night lights and light switches are within easy reach.
- Install handrails on stairs.
- Add grab bars in your bathtub/shower and near your toilet.
- Add a non-slip mat to the floor of your tub or shower.
- In the kitchen, move items to low shelves to avoid having to use a step stool. If a step stool is necessary, use a sturdy stool with a bar to hold.

## Getting to the restroom:

- Set up a schedule for using the toilet, so you don't have to rush to get there.
- Talk to your team about testing for a urinary tract infection if you have increased urgency or more frequent incontinence.
- Talk to your team about the pros and cons of a urinary catheter.

## Improving your vision:

- Make sure your eyeglasses are clean and placed where you can reach them.
- See your eye doctor for a vision check to ensure you have the appropriate prescription.

## Staying safe when standing or walking:

- Talk to your care team if you have concerns about your steadiness or safety when walking or standing up. Your team can assess your needs and make recommendations.
- Follow your team's advice for walking and transferring out of bed or chairs safely.
- Ask your team for devices that might increase your function and safety, such as a walker, a lift, or a bedside commode.
- If you have moments of sudden weakness, use extra assistance to keep your balance.