

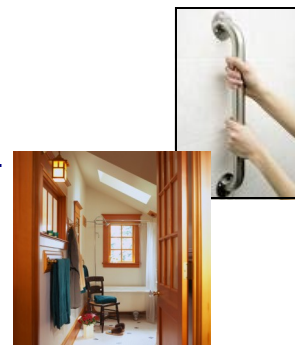
Safety Tips for Senior Citizens Preventing Falls in the Home



Falls can occur at any age, but the rates of injury and death resulting from falls are greatest among seniors. This can happen because of changes in muscle and bone strength, vision, hearing, and coordination that take place with aging. Seniors are also more likely to have other health conditions and use more medications. These factors can affect balance and coordination. Falls can limit the ability to lead an active, independent life. But there are steps you can take to reduce the likelihood of falls. The following are guidelines you can use to make your home safer:

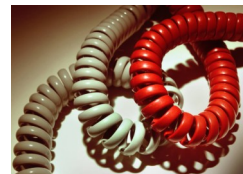
Bathroom:

- Apply non-skid appliquéés on tub and shower floors.
- Install grab bars in tub and around toilet. Consider a shower chair.
- Avoid throw rugs or tack rugs down securely with double sided tape.
- Keep bathroom well lighted.



All Areas:

- Contrast in paint, furniture and carpet colors is helpful.
- Ensure that stairways have sturdy handrails.
- Keep halls, stairways, and pathways well lighted, free of obstacles. Keep walk areas clear.
- Apply slip strips on the edges of steps to reduce slick stair surfaces.
- Remove throw rugs or tack securely with double-sided adhesive tape. Tape down carpet edges.
- Place electrical cords and telephone wires away from walking paths.
- Post emergency numbers at every telephone.
- Carry a portable phone.



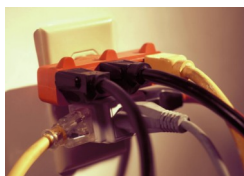
Kitchen:

- Keep commonly used items within easy reach.
- Avoid using floor polish or wax to reduce slick surfaces on floors.

Bedroom:

- Keep a telephone and light within easy reach of the bed.
- Rise slowly from bed to sitting position. Dangle legs for a few minutes prior to standing.

Electrical:



Keep all extension cords out of walkways.
Replace over used plugs with power strips

Outdoor Home Safety Measures:

- Keep walk areas clear of clutter, rocks and tools. Keep well lighted at night.
- Keep walkways clear of snow and ice.
- Make sure walkways are level, free of cracks and constructed with slip resistant materials.



Other Steps You Can Take To Reduce Your Risk Of A Fall:



- Clean eye glasses and have regular vision checks and hearing check-ups.
- Wear proper fitting, supportive shoes with low heels or rubber soles.
- A proper diet and moderate exercise are essential. Females need an adequate intake of calcium.
- Use walking aids when necessary.
- See your doctor for the diagnosis, management, and treatment of underlying diseases.
- Talk to your doctor or pharmacist about the side effects of the medications you are taking.



ResponseLink offers information for general educational and informational purposes only. This information is not intended as a substitute for advice, treatment, or recommendation from health care professionals. The information is not exhaustive and does not cover all fall related ailments, physical conditions, or their treatment. It is important to follow the advice of your doctor and other health care professionals regarding your individual health care needs.

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