



Be Falls Smart...

In Your Home

Older adults want to live active and independent lives. Falls are not a natural part of aging. The good news is that you can take steps to prevent falls in and around your home.

FACTS:

The home is a common place to be injured from a fall.

Falls are often due to hazards that are easy to overlook, but are important to fix.

Light Your Way:

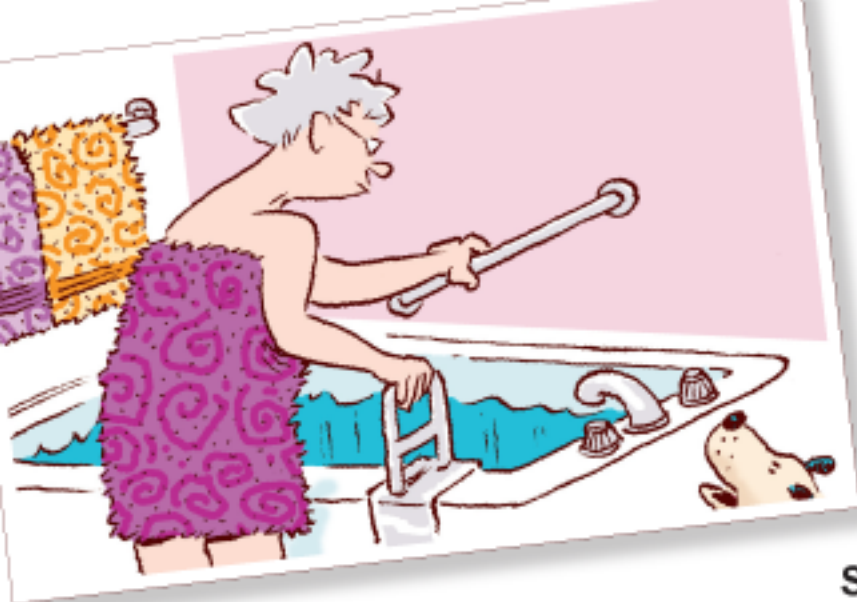
Poorly lit pathways cause shadows and can hide hazards.

- Keep nightlights on in your home.
- Turn lights on before you enter a room.
- Make sure a light switch is easy to reach from your bed.
- Give your eyes a chance to adjust to a change in lighting.

Create a Trip-Free Home:

Clutter and obstacles can cause slips, trips and broken hips.

- Keep pathways clear of furniture and cords.
- Keep a cordless phone handy.
- Get rid of area rugs, or make sure they are secure.
- Look out for pets.



Bathroom Safety:

- Install and use safety grab bars for your tub, shower & toilet.
- Have your toilet paper roll within easy reach.
- Use non-slip mats inside and outside of bathtubs and shower stalls.
- Keep a nightlight on in the bathroom.

Home Maintenance:

- Fix and flatten out carpets.
- Assess your home for safety and fix any hazards you see.
- Make sure all handrails are well anchored.
- Replace burnt out light bulbs.

Steady on the Stairs:

- Keep stairs well-lit. Have light switches at the top & bottom.
- Install and use sturdy handrails on both sides of the staircase.
- Keep stairs free of clutter.
- Look at the stairs and use the handrails at all times.
- Use non-skid strips to show the edge of each step.

If you have had a fall or a near fall, talk with your doctor.

**For more information:
Call Health Link Alberta at
1-866-408-LINK (5465)**

Visit www.findingbalancealberta.ca

**...Prevent the Fall
Before it Happens!**