

fall-proofing the home for any season

- Install grab bars in the bathroom – in the tub/shower and near the toilet – and check them regularly for stability.
- Place non-slip strips or mats in the tub/shower.
- Consider a bath bench if standing in the shower is difficult.
- Make sure all traffic areas are well lit.
- Secure all electrical wiring and cords and keep them out of walking paths.
- Throw out the throw rugs.
- Eliminate the need for stepladders by moving all dishes, etc. to an easily accessible location.
- Install handrails on both sides of the staircase, and mark the top of each step.
- Wipe up any spills immediately.
- Keep outside walkways free of snow and ice, leaves and debris.

Make sure your parents or older loved ones:

- Wear shoes and slippers with non-skid soles and that fit well.
- Avoid wearing just socks.
- Keep feet healthy and nails trimmed.
- Keep glasses handy when going to bed.
- Get out of bed slowly.
- Pay attention to any changes in balance.
- Use a cane or walker if necessary instead of leaning on furniture.
- Take special care when stepping up or down on curbs.
- Limit or eliminate alcohol.
- Get plenty of vitamin D.
- Test vision and hearing regularly.
- Exercise regularly to maintain good balance.
- Manage medications and watch for side-effects.