

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, & mark the top of each step.
 - Wipe up any spills immediately.
 - Keep outside walkways free of snow and ice, leaves and debris.
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- 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.