



Tips for Preventing Falls in the Home



Falls are a leading cause of injury and even death among older adults. According to the Centers for Disease Control and Prevention (CDC), one in four older adults experiences a fall each year. Falls can result in serious injuries, including broken bones and head trauma, and can lead to a loss of independence and reduced quality of life. However, there are steps that can be taken to prevent falls in the home and promote safety for older adults.

Remove Tripping Hazards

Tripping hazards are one of the most common causes of falls. To prevent falls, it's important to remove any tripping hazards from the home. This can include items such as throw rugs, clutter, electrical cords, and furniture in high-traffic areas. Ensure that floors are free from clutter and that walkways are clear. If throw rugs are necessary, make sure they have a non-slip backing or are secured to the floor.

Improve Lighting

Poor lighting can increase the risk of falls, especially in areas such as hallways, staircases, and bathrooms. Ensure that all areas of the home are well-lit and that light switches are easily accessible. Consider adding nightlights in areas such as the bedroom, bathroom, and hallway.

Install Handrails and Grab Bars

Handrails and grab bars can provide support and stability when walking up and down stairs or getting in and out of the shower or bathtub. Install handrails on both sides of staircases and grab bars in the bathroom, near the toilet and in the shower or bathtub.

Wear Proper Footwear

Wearing proper footwear with good support and non-slip soles can help prevent falls. Avoid walking in socks, stockings or slippers, as they can increase the risk of slipping and falling. Consider wearing shoes with non-slip soles, low heels, and good support.

Use Assistive Devices

Assistive devices such as canes, walkers, and wheelchairs can provide support and help prevent falls. If an older adult has difficulty walking or maintaining balance, consider using an assistive device to help them move around safely.

Regular Exercise

Regular exercise can improve balance, strength, and coordination, reducing the risk of falls. Encourage older adults to engage in regular physical activity, such as walking, swimming, or tai chi. Consult with a doctor or physical therapist to determine the best exercise plan.

Review Medications

Certain medications can cause dizziness or affect balance, increasing the risk of falls. It's important to review medications with a doctor or pharmacist to identify any potential risks. Avoid taking multiple medications that can interact and cause side effects.

By taking these steps, older adults can reduce their risk of falls and promote safety in the home. It's important to take falls seriously and to take action to prevent them, as falls can have serious consequences for older adults.

Sources:

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