

12 Good Practices for Fall Prevention at Home

- Keep clutter and electrical cords away from all walking areas, particularly exits, hallways, stairs and sidewalks.
- Keep bright and evenly distributed light (60+ watt) in all rooms. Use night lights where needed and consider lampshades to reduce glare.
- Make sure all rugs are secure and consider using carpet that is made of short/dense pile with no pattern that may create an illusion.
- Repair any broken or uneven flooring, steps, sidewalks or pavement.
- Make sure all furniture is stable and arranged so that you can easily get around.
- Install and use handrails where needed, particularly in the bathroom and both sides of the stairs.
- Take your time and pay attention particularly on stairs, when carrying heavy loads and with pets.
- Clean up all spills immediately and do away with floor wax.
- Use a sturdy step stool with handles for hard to reach items.
- Add no-slip tread to non-carpeted stairs, bathtubs and showers.
- Wear shoes that support stability.
- Train for stability. Working with a trainer and taking classes such as tai chi, yoga or Pilates will increase core strength, flexibility and balance.

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