

# Things you can do to prevent falls:

## In the bathroom:

- Keep the floor dry after taking a shower. If possible place a bathroom mat, but secure it properly to diminish the chances of tripping over it.
- Install safety rails.
- Never use a towel rack, soap tray, shelves or similar items that are not anchored in the wall.
- Add non-slip strips to the tub/shower floor.
- If you are unsteady, use a shower chair and a handheld shower attachment.
- Do not lock the bathroom door.
- Install a phone in the bathroom.
- Install a handheld shower hose with extra long cord.



## In the bedroom:

- Get up slowly after you sit or lie down. Sit on the edge of the bed/chair until you are sure you do not feel dizzy.
- Wear sturdy shoes with thin, non-slip soles. (Avoid slippers and athletic or jogging shoes with thick soles.)
- Improve the lighting in your bedroom.
- Put in brighter bulbs. You may want to buy compact fluorescent light bulbs that cost less to use. Use lamp shades to reduce glare.
- Organise your clothes for easy reach.
- Place clothes in drawers no lower than your knees or higher than your chest.
- Do not wear clothing that is too long or too loose.
- Keep a telephone within easy reach.
- Avoid using slippery fabrics such as satiny sheets or comforters.
- Install a smoke detector in or near your bedroom.
- NEVER smoke in your bed.
- Install a night light.

## In your everyday moves:

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- It is safest to have uniform lighting throughout a room. Add lighting to dark areas. Hang light weight curtains or window shades to reduce glare from bright windows and doors.
- Eliminate obstacles.
- Paint a contrasting colour on the top front edge of all steps so you can see the stairs better. For example, if you have dark wood use light coloured paint.
- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.
- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Always keep cabinet drawers closed so you won't stumble over them.
- When lifting an object wear good supportive shoes.
- Keep the object close to your body.
- Place anchored hand rails on both sides of stairs.
- When climbing a staircase keep at least one hand on the handrail, concentrate on what you are doing, and don't be distracted by sounds. Also, never carry any package that will obstruct your view of the next step.
- Make sure steps and treads of all staircases are even.
- Make sure stairs are slip resistant.
- Eliminate torn or worn coverings, or folds in the carpet.
- Use a portable phone and keep emergency numbers close.

# Contact



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## GERAHM

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## Useful Tips for Housing Safety FOR ELDERLY



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