



How to Prevent Falls at Home

These are some things you can do to keep yourself safe:

| Around the House  | From Lying Down to Standing Up  | Walking and Moving Around  |
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| <ul style="list-style-type: none">Look at the places where you walk in your home. Be sure:<ul style="list-style-type: none">There is no furniture in the wayThere are no wires or cords in the way (like those from fans or lamps)Remove area rugs, or use non-slip backing.Keep floors clean, dry, and clutter-free.Place non-skid stickers on bathroom and shower floors.Place grab bars in bathroom around toilet and shower.Use nightlights to give you light from the bedroom to the bathroom.Use handrails, especially in stairways.Keep bright lighting in your home.Keep rooms cool to reduce dizzy spells. | <p>Note: If your right side is the strongest, get out of the bed on that side.</p> <p>Follow these steps to stand up.</p> <ol style="list-style-type: none">1. Sit on the edge of the bed and dangle your feet for a minute before you stand up.2. Move your ankles up and down to get your blood pumping.3. Look down (but don't bend down) and place your "nose over your toes" before you stand up.  <ol style="list-style-type: none">4. Push off the bed or chair using your arms. Do not use an object to pull up.5. Wait a minute before you start to walk. | <ul style="list-style-type: none">Wear shoes that:<ul style="list-style-type: none">Fit you well (not too big, not too small)Have firm, non-skid solesAre low-heeledHave a secure back around your heelIf you have a walker, cane, or crutches:<ul style="list-style-type: none">Make sure it is in good shape.Use it as your healthcare team asked you to.Plan physical activity with help during the day.Call for help when getting up and walking if you feel weak or wobbly.Take your time turning around to walk another direction.Keep items in easy reach so you do not need to bend over or use a stool.If you must use a stool, use one with rails. Do not use chairs as step stools. |



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| Taking Your Medicine  | Going to the Bathroom  | Other Tips  |
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| <ul style="list-style-type: none">If you take more than one med that makes you sleepy, try to take them at different times. Example: Do not take a sleeping and a pain pill together.Talk to your doctor or pharmacist about side effects of any medications (meds) you take. They may want to change the time you take some meds with side effects that increase the risk for falls. For example, ask about:<ul style="list-style-type: none">Taking water pills in the morning to decrease bathroom visits at night.Taking medicine that may make you sleepy at night. | <ul style="list-style-type: none">Go to the bathroom every few hours during the day.Use the bathroom before going to bed.So you do not get constipated (have hard or irregular poop):<ul style="list-style-type: none">Drink plenty of fluids during the dayEat fiber as allowed by your dietDo not drink liquids after 8 PM to prevent extra trips to the bathroom during the night.Get a raised toilet seat (if needed)If you use a bedside toilet, put the seat facing your bed. This keeps you from having to walk around the toilet.Have someone stay close to you when going to the bathroom.Sit down on the toilet to prevent dizziness.Rise slowly from the toilet. Do not lean forward.Use grab bars and hand rails to keep you steady. Other items are not strong enough to hold you.Pull your pants up over your knees before you stand up. This way, you do not have to bend forward to pull them up while standing. | <ul style="list-style-type: none">Wear your glasses/contacts and hearing aids.Use an around-the-neck holder for eyeglasses to keep you from getting up to place and pick up your glasses.Have an eye exam every year.If you are diabetic, check and keep your blood sugar at safe levels.If you have an arm or leg that is paralyzed or numb:<ul style="list-style-type: none">Keep it bent about halfway, or where it is comfortable.This helps with blood flow. <p>Call your doctor for any of these:</p> <ul style="list-style-type: none">Pain or loss of feeling in your feetLarge, thick toenails and cornsDizzy spells |