

# People are not dominoes...

*We can't always get up when we fall down.*

Falls are the most common accident seniors have. In fact, falls and complications from them are the seventh leading cause of death in folks over 65.

Studies show there are two major causes of falls — health/age related issues and home care problems.

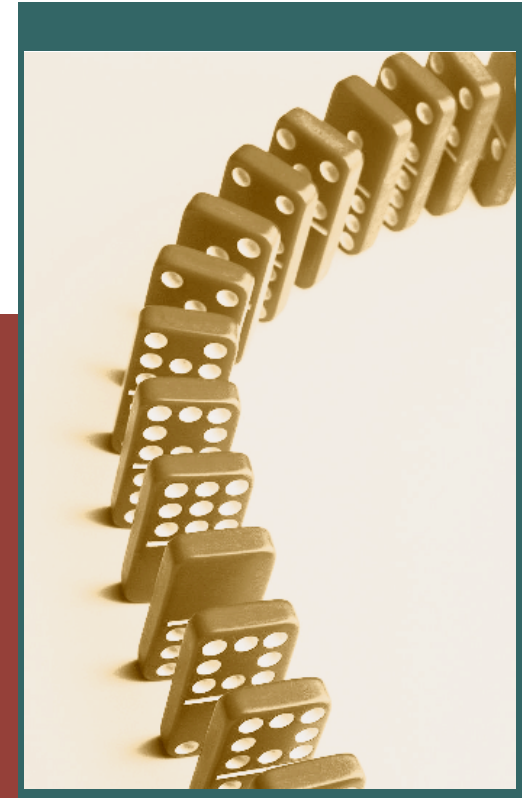
## Health & Age Issues...

- Medication side effects.
- Poor eyesight.
- Slow reflexes.
- Balance and strength issues.

## Home Care Dangers...

- Clutter in walkways.
- Poor lighting
- Electrical cords in pathways.
- Loose rugs & slippery floors.
- Raised thresholds & stairs.
- Uneven floors, walkways & lawn.

# Preventing falls at home



For more ideas on fall prevention or information on recovery from a fall or accident, call Lincoln Hospital Physical & Occupational Therapy at (509) 725-2976

*Lincoln Hospital Dist. 3*



**Lincoln Hospital**

**(509) 725-2976**

# Take these fall prevention tips...

## HEALTH & AGE ISSUES

- Have eyes checked annually.
- Wear glasses at all times.
- Review both prescription medications and over-the-counter drugs with doctor or pharmacist to identify any that cause dizziness or drowsiness. Find alternative meds if possible.
- Have hearing tested. Inner ear problems can affect balance.
- If you feel dizzy or light-headed, sit down. Stand up slowly to avoid dizziness.
- Exercise to improve strength, flexibility and balance.
- Use canes and walkers if needed.
- Keep alcohol intake to two or less drinks per day.

## HOME ISSUES

- Use night lights in bedroom, bathroom and hallways.
- Put lamp or light switch within easy reach of bed.
- Keep flashlights handy.
- Turn on lights when entering the house or another room.
- Put light switches at both ends of stairs and hallways.
- Keep electrical and phone cords out of walkways.
- Remove ALL clutter from home.
- Attach carpet firmly to stairs.
- Attach rugs and vinyl flooring so it lays flat.
- Remove rugs that slip or attach non-slip backing.
- Use bath mats with suction cups or non-slip adhesive strips in tub and showers.

- Add grab bars in shower, tub and toilet area.
- Sit on a bench or stool in shower.
- Use an elevated toilet seat.
- NEVER walk on wet floors.
- Wear non-slip, low-heeled shoes or slippers that fit snugly. Never walk around in socks.
- Store important, well used items within easy reach.
- Discard wobbly stools.
- Never stand on chair or climb.
- Buy a step stool with handrails.
- Paint edges of outdoor steps a contrasting color so they are easily seen. Mix sand into paint for traction on cement & steps.
- Remove snow and ice outdoors.
- Light decks, porches & walkways.
- Be extra cautious when walking on wet or uneven walks & grass.