



EIGHT TIPS TO REDUCE THE RISK OF FALLS

As seniors age, they are at an increased risk for falling. While there are a variety of contributing factors, many falls can be prevented by implementing a few basic safety measures. Here are eight tips to help you keep your loved one safe from falls at home:

1

Improve Home Safety

Clear hallways and walking paths, remove tripping hazards such as cords and clutter, ensure good lighting in each room and install safety bars in bathrooms.

2

Review Medication

Be aware of medication that causes dizziness, instability or sleepiness and talk to their doctor about alternative meds or ways to take medication safely.

3

Keep Eye Prescriptions Up-to-Date

Schedule regular eye appointments, keep eye prescriptions current and talk to your loved one about any visual changes they are experiencing.

4

Put a Baby Monitor in their Room

Many falls happen at night. A baby monitor will alert you when a loved one is getting up so you can be there to help them.

5

Put Grip Socks on their Feet

Grip socks add traction to your loved one's feet which can help prevent falls on smooth or slippery floors.

6

Limit Fluids Before Bedtime

Less fluids right before bed will reduce their need to get up and use the restroom at night, which can lead to falls.

7

Stand on their Weaker Side

If your loved one uses a cane to walk, stand on the opposite side of it to provide support on their weaker side.

8

Transition Safely from a Chair

When transitioning from a sitting to a standing position, have them scoot to the edge of their chair and push down on the chair arms while using their leg muscles to safely come to a stand.

Partnering Together to Keep Seniors Safe

Founded in 1966, Interim HealthCare® is the nation's first home care company and a trusted provider of senior care. Distinguished by our HomeLife Enrichment® philosophy, we engage the mind, body, spirit and family to deliver an unrivaled level of personalized care. If you're concerned about a loved one's safety at home, contact our office for a complimentary Timed-Up-and-Go (TUG) Assessment and Home Safety Evaluation. By knowing your loved one's potential for falls and taking action to ensure their home is safe, you can effectively reduce their risk of falling.

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