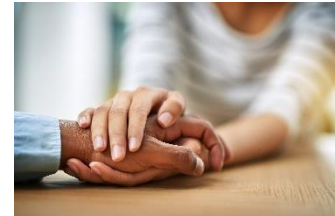


# Fall Prevention Checklist



## HEALTHY HABITS

- Bend and stretch every day to keep joints, tendons and ligaments flexible.
- Weight bearing therapeutic exercise to help maintain strong bones.
- Physical activity to promote muscle tone and balance.
- Maintain core strength for balance skills

## SIGHT & SOUND

- Regular hearing tests
- Use appropriate hearing aides
- Earwax removal
- Regular vision tests
- Up to date prescription glasses
- Safe mobility with bifocals
- Visual Contrast methods

## NUTRITION & HEALTH

- Get enough rest to improve alertness
- Regular health screens
- Consult Pharmacist to avoid unsafe medication interactions
- If dizzy/lightheaded ask Dr. if it is a side effect of medications
- Consult Dr. if medications may be weakening bones.
- Ask Dr. about calcium to prevent osteoporosis

## GETTING AROUND

- Take time to regain balance when sitting up and when standing.
- Wear shoes with traction
- Use AD: cane, walker for balance
- Watch for slippery floors/pavement
- Be alert of unexpected hazards
- Use night lights
- Avoid walking on uneven surfaces and stairs in poorly lit places such as theater
- Do not carry bulky packages
- Avoid rushing such as to the toilet

## HOME HAZARDS & SOLUTIONS

- Maintain good lighting including use of motion sensor lights.
- Use railings on stairs
- Ensure walkways are free of clutter, cracks, dips, holes and smooth carpet
- Ensure rugs are secured & nonskid
- Electrical cords tucked out of way
- Use Grab Bars
- Use raised toilet /shower seat
- Use a Reacher vs bending for item pick up
- Organize for safe reaching of items
- Make contact with someone daily
- Use an Emergency Response System
- Maintain wide base of support for balance