



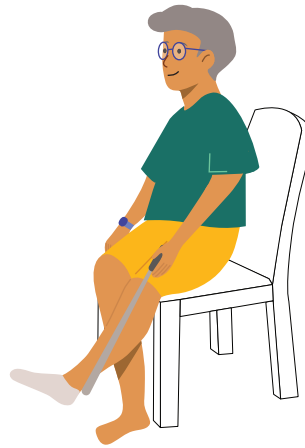
Your fall prevention home checklist

More than 1 in 4 older adults fall each year leading to 41,000 deaths, 3.6 million emergency department visits, and 1.2 million hospital stays.¹

Older adult falls result in about \$80 billion in medical costs every year.¹

Falls are likely to lead to long-term complications including hip fractures, decreased mobility, head injuries and even death.

Sources: https://www.cdc.gov/falls/pdf/CDC-DIP_At-a-Glance_Falls_508.pdf



General tips to prevent falls:

- Wear close-toed shoes that fit well and support your feet.
- Use mobility aids such as canes, walkers, scooters, and crutches as needed.
- Review your medicine to ensure you are taking the proper medications and dosages. Some medications may cause side effects that could increase your risk.
- Work with a physical therapist or trainer as needed to improve your strength and balance through exercise.

Tips for fall prevention throughout the home:

- Use good lighting in all rooms.
- Avoid walking on wet floors, damaged or uneven floor surfaces, and remove tripping hazards from the floor.
- Use nonskid mats and install grab bars by the toilet and in the tub or shower.
- Keep electrical cables out of the way.
- Avoid leaving items on the stairs.
- Ensure that handrails are present on both sides of the stairways and fix any broken or loose rails.

Tips for fall prevention outside the home:

- Use bright outdoor lighting when it gets dark.
- Repair any walkways or driveways with cracks.
- Regularly check that handrails are properly installed and in good repair.
- Clear walkways and driveways of any debris and clutter.
- Have leaves, snow, and ice cleared regularly, and use sand or salt on walkways and driveways during winter months.