

Fall Prevention

Fall prevention is an important part of your wound care treatment and involves two main areas: Lifestyle Changes and Home Safety.

LIFESTYLE CHANGES

- **Keep moving!** Exercise will improve your posture and balance.
- **Wear non-skid shoes** that fully support your feet.
- **Have your eyes and ears tested.** Always wear hearing aids and glasses.
- **Get enough sleep.** If you are taking medicine that makes you feel drowsy during the day talk to your doctor.
- **Use any walking sticks, canes and walkers** that your doctor recommends.

It is also important to let your doctor know every time you fall, even if you are not hurt. Your doctor can track how often you fall and find out what may be causing you to feel dizzy or tired.

HOME SAFETY

- Install handrails on the stairs and use them when going up or down the stairs.
- Keep hallways and stairs well lit.
- Remove throw rugs and small area rugs that can curl up and cause you to trip.
- Install grab bars near toilets and on both sides of your tub and/or shower.
- Use a non-skid mat both inside and outside of the shower or bathtub.
- Turn on night-lights before going to bed.
- Place a lamp near your bed if you wake up at night to use the restroom.
- Keep a flashlight near your bed in case the power goes out.
 - Keep walking spaces clear of furniture.



Your caregiver can also help keep your home safe. Don't stand on a chair or table to reach something high. Ask your caregiver for help or use a "reach stick". Have a caregiver hold pets when you are walking in the house or kennel them until you are finished moving.

CAREGIVERS

As a caregiver, you can help prevent falls. Don't wait for someone to ask for help - always be ready to lend a helping hand! If you provide care for someone, it's important to note that balance can be affected by a variety of factors as we age:

Loss of Muscle Strength

Medications

Memory Loss

Vision Loss

All of these factors create a fall risk.

If you know someone who is at risk of falling, it is important to do everything you can to prevent a fall. Ask your doctor or nurse to help you make the necessary changes in your home and life to help prevent falls!

