

TIPS FOR FALL PREVENTION

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Make Your Home Safer

Lighting

- Turn on lights when you enter a room at night
- Use nightlights in bathrooms, hallways and other dark areas

Remove trip hazards

- Remove clutter from walkways and stairs
- Remove throw rugs or secure them with double sided tape
- Small pets may be trip hazards

Use handrails

- Install handrails on staircases and grab bars in bathrooms
- Take care in slippery areas
- Clean up any spilled liquids
- Use non-slip mats in the shower and bathtub
- Avoid standing on furniture, chairs. Keep items within easy reach.

Participate in a Regular Exercise Program

- Work on abdominal and core strength, leg strength and balance
- Practice regular stretching to improve flexibility and balance.

Review Your Medications

- Medication may cause drowsiness or light-headedness and may cause falls
- Medications which may cause a fall risk include:
- Psychoactive drugs (benzodiazepines), Narcotics and muscle relaxants
- Klonopin, Ativan, Xanax, Valium
- Asthma and anti-spasticity medications which are anticholinergics
- Tylenol PM, Benadryl and medications which make you drowsy

Have Your Eyes Checked

- Have an eye exam yearly and make sure glasses are the right prescription

Wear appropriate footwear

- Make sure shoes fit properly
- Keep your shoes tied to avoid tripping on laces
- Replace slippers if they are loose or stretched out of shape

