

at home

- Wear shoes or slippers that fit well, have low heels, and are slip resistant. Don't walk around in socks. Stair handrails should be securely anchored on both sides of stairs.
- Floors and walkways should be kept clear of clutter. Secure loose and hanging telephone and electrical cords, and do not run cords across walkways.
- Use non-slip backing on throw rugs or runners. Or, better yet, remove all throw rugs. Secure loose area rugs with tacks. Re-glue sheet or ceramic flooring to smooth bumps. Attach carpet stair treads securely.
- Keep items you use often where you can easily reach them. Don't use a chair as a step stool. Replace a worn or wobbly step stool with a stable one with high and sturdy rails.
- Glass topped tables should be moved away from traffic areas.



lighting tips

- Stairs and hallways should have light switches at each end.
- Make sure that you can turn a light on without having to get out of bed.
- Light-up dark passageways, bathrooms and bedrooms with night-lights.
- Know where you keep your flashlight, and check your batteries every few months.

in the bathroom

- Most falls occur in the bathroom. Take special care with wet floors.
 - Install grab bars around toilet and tub areas, mounting them into wall studs when possible and using proper mounting techniques. Towel bars are not a substitute for grab bars.
 - Replace bathroom drinking glasses with plastic or paper cups.
 - Use non-slip adhesive strips or a mat with suction cups in the shower or tub.
 - A bench or stool in the shower can provide additional security in a slippery environment.
- A raised toilet seat or a frame with armrests that stands over the toilet can help someone rise from a seated position.

outside

- Entrance areas and sidewalks should be clutter free, well lit, and kept clear of snow and ice.
- Outdoor steps that are very narrow or have uneven heights should be marked with white paint on the edges. Stair treads can be painted with a sand mixture for better traction.



general safety tips

- Avoid leaning or supporting yourself on unstable objects like rolling carts, towel bars, soap dishes, etc.
- Discuss all of your medications and herbal remedies with your doctor or pharmacist to avoid drug interactions and learn about potential side effects. Both prescription and non-prescription drugs can cause drowsiness or dizziness.
- Store medications away from temperature and humidity extremes. Be sure to take proper dosages at prescribed intervals.
- Avoid more than 2 alcoholic drinks per day. More than that can cause unsteadiness.
- A hearing test can detect inner ear problems which can affect balance.
- Make sure to wear eyeglasses when indicated, and get regular eye exams.
- If your doctor recommends it, use walking aids, like canes or walkers, and keep them conveniently located.
- When walking, look straight ahead and take turns slowly and carefully.
- Stay strong and flexible with regular exercise.
- If you feel light headed, stay seated until your head clears. Rise slowly to avoid dizziness.
- Plan an escape route in case of emergency, and test your smoke detector batteries at least twice a year.

fast response

Getting fast help after a fall can prevent serious long-term complications

LifeFone provides help at the push of a button, 24 hours a day, 365 days a year. This early intervention can allow seniors to stay in their own homes.

The longer you wait for help after a fall, the greater the chance of hospitalization or permanent damage

LifeFone subscribers are much less likely to require admission to a long-term care facility or nursing home.

30% of seniors over age 65 fall each year, and 50% will fall by age 80.

Falls are a leading cause of death in people over the age of 65. Avoiding falls and therefore preventing the resulting injuries can greatly improve the quality of life for seniors, allowing them greater independence for a longer period of time.

Call today and learn how LifeFone can help protect you!

1-800-882-2280

fall prevention

Falls at home are caused by:

Health-related changes such as:

- Side effects of some medications
- Diminished eyesight
- Balance problems
- Delayed reaction times
- Weakness from chronic illness

Dangers to look out for include:

- Throw rugs or slick flooring
- Bathrooms without grab bars
- Dark hallways or bathrooms without nightlights
- Changes in floor heights or high thresholds
- Clutter, pet toys, glass tables or phone and electric wires in walkways

Protect yourself and the people you love

LifeFone takes the worry out of being alone

For more information call

1-800-882-2280

or visit our website

www.lifefone.com



Home Safety and Accident Prevention Checklist



This checklist from LifeFone® is designed to help you locate potential hazards in your home, and help you reduce the risk of a dangerous fall.