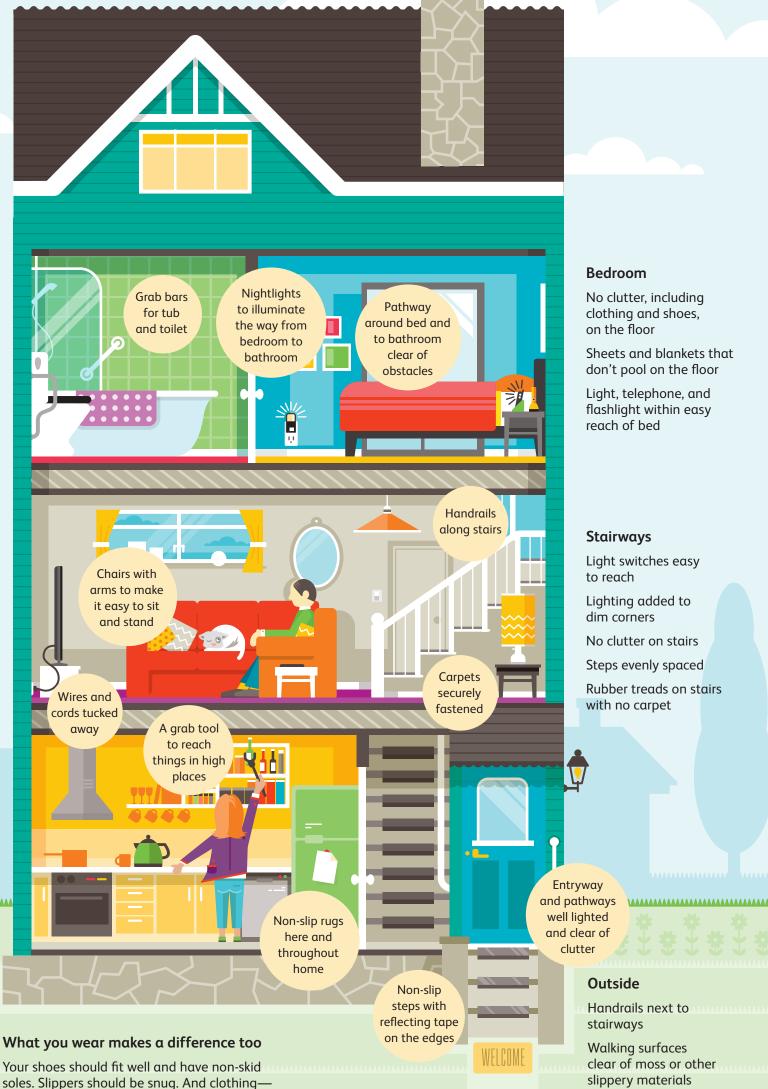
Prevent falls by making a few easy changes to your living environment

Did you know that falls are the leading cause of serious injuries for older adults? There are many steps you can take to avoid a fall. Along with doing exercises to improve your balance (see page 6), follow this room-by-room guide for tips on how to make your home safer. Just a few changes can make a big difference.



Bathroom

Hand-held shower nozzle

and easy-to-use faucets

Toilet seat at least

Bath or shower chair

Non-slip mat or strips on

the shower or tub floor

Curtains off the floor

Easy to open window

that's easy to find

Firm seating that's

not too deep

Kitchen

in easy reach

Non-skid floor

A place for TV controls

Pathways clear of obstacles

Low-pile carpet on floors

Throw rugs removed

Frequently used items

Rotating tray (i.e. a Lazy Susan) in corner and other cabinets so stored items are accessible

24 inches high

if needed

Living room

Your shoes should fit well and have non-skid soles. Slippers should be snug. And clothing—such as nightgowns—shouldn't drag on the floor and become a tripping hazard. If you are unsteady on your feet, consider using a walking aid such as a cane or walker.

Walkways and driveways kept clear of debris, ice, and snow