



Fall Prevention & Home Safety

Moving safely is critical as you age.

Explore ways to keep active and moving safely to maintain your health and independence

- Ask your provider about appropriate exercises to stay strong, flexible and improve your balance

How can I avoid falls?

- Falls are preventable! Have your balance and fall risk tested at least once per year or after a health status change
- Discuss with your provider and pharmacist which medications may increase your fall risk
- Have your vision and hearing checked at least once each year
- Stay active—make a plan with your provider
 - Work with a physical therapist on specific balance exercises to retrain your brain & body
 - The gold standard is 20-30 minutes of physical movement 5 days per week
 - A 5 minute walk is better than nothing
 - Seated chair exercises are also great
- If you use a cane or walker be sure it has been adjusted for you and you have been trained on how to use it correctly
- If you have diabetes have your feet screened for changes in sensation at least once per year, or every 3 months if you have neuropathy or history of ulcers and/or toe removal

Home Safety: What can I change?

Identify and remove fall hazards at home:

- Ensure optimal lighting in your bathroom, bedroom and hallways
- Use night lights for improved safety
- Move furniture so your walking path is clear throughout your home
- Be aware pets can cause you to trip or fall
- Remove rugs, or use double-sided tape or non-slip backing under rugs so they do not slip or move
- Keep things you use often at waist level or within easy reach so you avoid using step stools or ladders
- Have grab bars put in next to the commode and inside your tub or shower for safety
- Ensure stairs or steps are secure with functional hand rails

For further information about home safety visit:

cdc.gov/steady/patient.html

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Reference:

Take a Stand to Prevent Falls-AOTA/APTA Geriatrics Fall Risk Prevention.
<https://geriatricspt.org/special-interest-groups/balance-falls/>

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