

Five Tips to Prevent Falls at Home

Falls are a leading cause of injury among older adults, but many falls can be prevented with a few simple changes at home. Use these tips to stay safe, active and independent.

1. Remove trip hazards. Keep walkways clear and free of clutter.

- Remove loose rugs or secure them with non-slip backing.
- Keep electrical cords out of pathways.
- Store frequently used items within easy reach.
- Ensure stairs and hallways are clear.

2. Improve lighting. Good lighting helps prevent missteps and falls.

- Install bright bulbs in key areas.
- Use nightlights in bedrooms, bathrooms and hallways.
- Keep a flashlight near the bed.
- Turn on lights before entering a room.

3. Add safety features. Make your home easier and safer to navigate.

- Install grab bars in bathrooms.
- Use handrails on both sides of stairways.
- Place non-slip mats in showers and tubs.
- Consider a shower chair for added stability.

4. Stay active and build strength. Regular exercise can improve balance, flexibility and muscle strength.

- Take daily walks.
- Participate in balance-focused activities such as tai chi.
- Perform strength-training exercises as recommended by your healthcare provider.
- Stretch regularly to maintain flexibility.

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5. Wear safe footwear. Choose shoes that support balance and stability.

- Wear well-fitting shoes with non-slip soles.
- Avoid walking in socks on hard floors.
- Replace worn shoes that have lost traction.
- Choose low-heeled, supportive footwear.

If you have concerns about balance, dizziness or recent falls, talk with your healthcare provider. A medication review, vision exam or home safety assessment may help reduce your risk.

Stay safe, stay active and take steps today to help prevent falls tomorrow.



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