Fall Prevention

Consider these strategies, modifications, & equipment resources so that you can keep doing the activities/tasks you want & need to do - safely!

**General Strategies**
- Make sure shoes fit properly & have good traction (rubber soles)
- Immediately clean up spills
- Keep active to maintain strength, balance, & endurance
  - **Consult with your doctor before engaging in exercise to ensure safety**
- If you notice yourself using furniture to hold onto when walking around, consider a mobility device to increase safety
- Be aware of your fatigue level, don’t over-exhaust yourself
  - Sit down & take rest breaks when needed
- If you use glasses or contacts, make sure you wear them when walking around - even at home
  - If you notice difficulty with your vision, see an eye doctor
- Keep a chair in areas of the home often used so you can sit when engaging in tasks

**Home Modifications**
- Remove unnecessary clutter
  - Clear walkways from clutter
  - Put items you often need in easy-to-reach places
- Increase lighting
  - Increase bulb wattage to allowable limit
  - Add motion sensored lights to walkways - especially from bed to bathroom
- Remove unnecessary rugs
  - If needed, make sure it’s secure on floor with non-skid backing &/or rug tape
- Remove cords from walkways
  - Use cord concealer
- Install handrails on staircases
- Install grab bars near toilet & shower
- Put non-slip adhesive strips or secure rubber mat on floor of shower/bathtub
- Utilize a shower chair or tub-transfer bench as well as a handheld shower head
- Increase color-contrast in flooring throughout home
Helpful Equipment

1. **Long-handled reacher** may be helpful in order to reach items low or high without getting into an awkward or uncomfortable position.

2. **Quad or 4-Pronged Cane**: beneficial if experiencing weakness &/or impaired coordination in legs/feet.

3. **Standard Walker**: helps with balance & stability walking.

4. **Rolling Walker or 4-Wheel Rollator**: best for someone with impaired coordination &/or fatigues easily.

**Consult an occupational therapist to determine the best piece of mobility equipment to meet your needs.**

References


Equipment Picture References

- Reacher: https://www.amazon.com/ArcMate-Standard-Collapsible-Commercial-40SC-DC-1-FBA/dp/B0812BBPGK
- Quad Cane: https://www.walmart.com/ip/Equate-Quad-Cane-Small-Base-Black/14179116?wmlspartner=wrpa&listId=2222222222700000000&wl0=&wl1=g&wll2=c&wl3=42423987272&wl4=pla-51320962143&wl5=9023886&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=local&wl12=14179116&veh=sem&itag=CjJ9CQIAPip-P8hDVARlsAPP2x05pu5zjzGRhh8gguM5M1d1Yf92B37kstgVWyD_mR_wod_ehLeAHZSEALw_wcB
- Standard Walker: https://www.amazon.com/Medline-MDS86410W54BH-Two-Button-Folding-Walkers/dp/B013SBHHDK/ref=asc_df_B013SBHHDK?tag=hyprod-20&linkCode=df0&hvadid=507663052233&hvpos=&hvnetw=g&hvrand=12475401183326564508&hvdev=c&hvlocint=&hvlocphy=9023886&hvnetw=g&hvpos=&hvrand=12475401183326564508&hvdev=c&hvlocint=&hvlocphy=9023886&hvnetw=g&hvpos=&hvrand=12475401183326564508&hvnetw=g&hvpos=&hvrand=12475401183326564508&hvdev=c&hvlocint=&hvlocphy=9023886&hvnetw=g&hvpos=&hvrand=12475401183326564508&hvdev=c&hvlocint=&hvlocphy=9023886&hvnetw=g&hvpos=&hvrand=12475401183326564508&hvdev=c&hvlocint=&hvlocphy=9023886&hvnetw=g&hvpos=&hvrand=12475401183326564508&hvdev=c&hvlocint=&hvlocphy=9023886&hvnetw=g&hvpos=&hvrand=12475401183326564508&hvdev=c&hvlocint=&hvlocphy=9023886&hvnetw=g&hvpos=&hvrand=12475401183326564508
- 4-Wheeled Walker: https://www.carewell.com/product/mckesson-4-wheel-folding-rollator/?sku=146-10257BL-1&g_network=ug&g_productchannel=online&g_adid=505662273339&g_keyword=&g_adtype=&g_keywordid=pla-132904645181&g_ifcreative=&g_adgroupid=119643340975&g_productid=18626&g_campaign=TOF+-+Smart+Shopping+%2b%2b+%2C%2BNB%2C%2BLTV%2C%2B%2C%2BDaily%2CLiving&g_merchantid=114738081&g_partition=1329046645181&g_campaignid=12530042332&g_acctid=333-280-7133&g_ifproduct=product&gclid=Cj0KCQiAip-P8hDVARlsAPP2x00a0F3-uyyyyy0aW7Ackerzy8u7rTW9dzZr6WlK-ajgnDK_wEIVdNFEAan92EALw_wcB

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