



FALL PREVENTION AT HOME

POST-STORM SAFETY TIPS FOR OLDER ADULTS

ASSESS THE DAMAGE

1

Carefully inspect your home and property. Look for hazards such as:

- Broken branches
- Unstable walkways/steps
- Loose gravel, dirt, or mud
- Fallen Leaves
- Uneven ground



CLEAR DEBRIS

2

If it's safe to do so:

- Remove fallen branches, leaves, and debris from walkways
- Sweep walkways of loose dirt or gravel
- Ask for assistance if needed



3

SECURE LOOSE OBJECTS

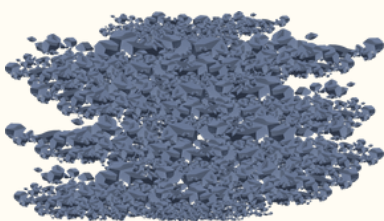
- Ensure handrails are sturdy and secure, especially on stairs
- Use alternate routes in the house if damage compromises stability



USE CAUTION AROUND HAZARDOUS AREAS

4

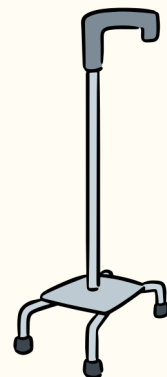
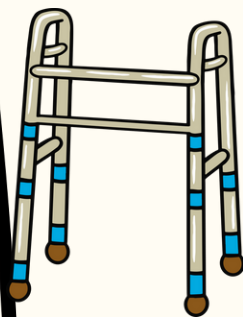
- Avoid walking or driving through flooded areas
- Watch for uneven ground and loose dirt/gravel
- Be aware of hidden hazards like sharp objects or deep holes.



5

SAFETY MEASURES

- Install temporary lighting for dark areas of the house
- Wear sturdy, closed-toe shoes that are nonslip to prevent falls
- Utilize assistive devices, like canes and walkers to aid mobility where areas are unstable



CREATE AN EMERGENCY PLAN

6

Include:

- Evacuation Routes
- Emergency Contacts
- Essential Supplies

