

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

As you age, falls often occur in your home because of hazards that are easily overlooked but important to fix.

## CREATE A TRIP-FREE HOME

- Keep floors and pathways clear of furniture, cords and clutter.
- Remove scatter rugs and mats. Use nonslip mats on slippery surfaces (e.g. bathroom floors, entrance ways).
- Keep a cordless phone or cellular phone nearby, so you don't have to rush to answer a call.
- Watch out for items that could cause you to trip, such as: toys, laundry and even your pets!
- Be cautious when moving between different flooring surfaces in your home.



## BATHROOM SAFETY

- Install safety grab bars by your shower, tub and toilet.
- Have your toilet paper roll within reach.
- Use non-slip mats inside and outside the bathtub and shower.
- Keep floors dry.
- Keep a nightlight on in the bathroom.

## STEADY ON THE STAIRS

- Use handrails when walking up and down stairs.
- Mark the edge of stairs with coloured paint or tread.
- Keep stairs well lit and install light switches at the top and bottom of the stairs.
- Keep stairs free of clutter.
- If possible, install handrails on both sides of the stairs.

## LIGHT YOUR WAY

- Give your eyes time to adjust to changes in light.
- Keep all areas well-lit.
- Use nightlights and motion sensors in halls and bathrooms.
- Ensure you have a light by your bed.
- Replace burnt out lightbulbs.

**If you have had a fall, please talk with your doctor or healthcare provider.**



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