

GETTING AROUND IN YOUR HOME

Every year, **1 in 3** Elders will fall...

The good news is that there are actions you can take to prevent falls.

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



Take Action to Prevent Falls in Your Home

Create a Trip-Free Home

- Keep doors and pathways clear of furniture, cords, and clutter.
- Use non-slip mats on slippery surfaces.
- 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 careful when moving between different flooring surfaces in your home.



KEEP YOUR MOCCASINS MOVING!

Kee Tas Kee Now Tribal Council | <http://keetaskeenow.ca>

TAKE ACTION TO PREVENT FALLS 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.
- If possible, install handrails on both sides of the stairs.
- Keep stairs well-lit, and free of clutter.

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 bulbs. Ask family or friends for help with ceiling lights.

If you have had a fall, please talk with your doctor or community health nurse.



[FindingBalanceAlberta.ca](https://www.findingbalancealberta.ca)

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