

Falls Are Preventable

Home Safety for Falls Prevention

Did you know 1 in 4 people over the age of 65 will have at least one fall during the next 12 months?

Did you know that 60% of falls in the 65+ age group happen in and around the home?

A safe home and surroundings can help you maintain an independent lifestyle and can reduce the chance of falling.

It's important to check your surroundings and take steps to make them safer.

Floors: Secure rugs (or get rid of them!). Have non slip floors, remove clutter and cords from walkways.

Bathroom: Install grab rails in your bath and shower and use non-slip mats. Be careful on wet floors.

Kitchen: Mop up spills straight away. Don't climb on chairs to reach high cupboards.

Lighting: Use adequate lighting in all rooms, steps and stairs. Use night lights inside and sensor lights outside.

Stairs and Steps: Mark edges of steps clearly, use slip resistant strips and install handrails.

Telephone: Never rush to answer. If it's important they will ring back.

Garden areas: Make sure that paths are even and free of moss. Keep paths free of garden tools.

