

# REDUCING FALL RISK TIPS FOR YOUR LOVED ONES



**CARE**Patrol™

Your Partner In Senior Care Solutions



## Finding the Right Care Option

Since 1993, CarePatrol has partnered with families to find the right care solution for their loved ones, including Assisted Living, Independent Living, Memory Care, In-Home Care, Nursing Homes and more.



**Considering senior care options?  
We are your partner in the process.  
Contact us.**

[CarePatrol.com](http://CarePatrol.com)



**Injuries resulting from falls at home are one of the leading causes of death in seniors across the nation. Here are some tips that can reduce falls in your loved one's home.**

- All stairways are clear of objects that could cause a person to trip.
- All stairways need firmly anchored handrail.
- All stairways are well-lit.
- All throw rugs are skid-proof and lay flat on the floor.
- All carpets are securely anchored.
- All entrance ways, exits and halls are well-lit.
- Night lights are used to prevent stumbling around in the dark.
- All walks, porches and doorways are clear of obstacles.
- All hard surfaced floors are clean and spills are wiped up immediately.
- Proper footwear is worn to prevent slips, trips, and falls.
- Bath tubs and showers have non-skid strips or suction mats in them.
- Grab bars are installed in bath tubs and showers.
- Electrical cords and telephone cords are placed out of high-traffic areas.
- Furniture is arranged so a path is clear for people to walk around the room safely.
- The floor is kept clear of clutter (magazines, books, boxes, blankets, towels, shows and other objects).
- Frequently used kitchen items are kept on lower shelves.
- A sturdy step-stool with a bar or handles to hold on to is available for reaching objects on high shelves.