



Fall and Balance Center For Assessment and Rehabilitation



Check it out!

Some things you can do to reduce your risk of falling

Instructions:

- Review the following questions carefully.
- For best results, correct the items you have checked off.
- Helpful hints to help you to reduce your risk of falling are included.
- Always remember: Falls are preventable!

Health and Safety

Do you take 4 or more medications daily?

Multiple medications can cause dizziness, drowsiness and balance problems. It is important to have all of your medications reviewed at least once a year by a pharmacist or doctor.

Have you or those around you noticed a change in your hearing?

Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.

Have you or those around you noticed a change in your vision?

Seeing obstacles is the first step in avoiding a fall. Keep your glasses clean. Have your eyes examined once a year.

Have you fallen 2 or more times in the past 6 months?

Get a checkup! Falls lead to injuries. You need to find out why you are falling.

Do you wear floppy slippers or a long bathrobe?

Wear well-fitting slippers with non-skid soles. Avoid night clothing that drags on the ground. Keep robe tied.

Abilities

Do you have trouble:

Reaching overhead?

Put commonly used things on shelves that are easy to reach. If you must reach overhead, keep a sturdy stool handy.

○ **Picking up objects on the floor?**

Plan ahead. Move the object closer to something sturdy to hold on to.

○ **Getting in and out of the bathtub?**

Consider adding grab bars to the walls or using a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can also be useful.

○ **Getting in and out of a chair?**

Avoid sitting on low furniture. Chairs with arms make it easier to get up.

○ **Walking without holding on to something?**

If you feel unsteady without holding on to something, you may need a cane. Consult your doctor or health care provider.

Home

Do you have:

○ **Throw rugs?**

Throw rugs pose a tripping hazard. They should be tacked down or removed.

○ **Stairs without rails?**

Using hand rails to go up and down stairs is easier and safer. Add hand rails to all stairs, if possible.

○ **Clutter in your walking space?**

Clutter such as shoes, electrical cords and magazines are a safety hazard. Keep pathways clear.

○ **Dark hallways or stairwells?**

Good lighting can reduce the chance of falling. Consider adding night lights where overhead lighting is lacking. Add bright tape strips to the edge of each stair. Always keep a charged flashlight near your bed for emergencies. A night light in the bathroom can also make night trips to the bathroom safer.

Funded by HRSA/US Public Health Service Grant,
Temple University



Bridges Center for Healthy Life Transitions
Fall and Balance Center for Assessment and Rehabilitation
2103 Health Professions Building
Office: 989-774-2341 Director: 989-774-1274
<http://www/chp.cmich.edu/bridge>



*"An enduring commitment to advancing learning,
knowledge and excellence in practice."*

Welcome to The Herbert H. and Grace A. Dow College
of Health Professions.