

# Fall Prevention

Consider these strategies, modifications, & equipment resources so that you can keep doing the activities/tasks you want & need to do- *safely!*



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## General Strategies

- Make sure shoes fit properly & have good traction (rubber soles)
- Immediately clean up spills
- Keep active to maintain strength, balance, & endurance
  - **\*\*Consult with your doctor before engaging in exercise to ensure safety**
- If you notice yourself using furniture to hold onto when walking around, consider a mobility device to increase safety
- Be aware of your fatigue level, don't over-exhaust yourself
  - Sit down & take rest breaks when needed
- If you use glasses or contacts, make sure you wear them when walking around- even at home
  - If you notice difficulty with your vision, see an eye doctor
- Keep a chair in areas of the home often used so you can sit when engaging in tasks

## Home Modifications

- Remove unnecessary clutter
  - Clear walkways from clutter
  - Put items you often need in easy-to-reach places
- Increase lighting
  - Increase bulb wattage to allowable limit
  - Add motion sensed lights to walkways- especially from bed to bathroom
- Remove unnecessary rugs
  - If needed, make sure it's secure on floor with non-skid backing &/or rug tape
- Remove cords from walkways
  - Use cord concealer
- Install handrails on staircases
- Install grab bars near toilet & shower
- Put non-slip adhesive strips or secure rubber mat on floor of shower/bathtub
- Utilize a shower chair or tub-transfer bench as well as a handheld shower head
- Increase color-contrast in flooring throughout home



# Helpful Equipment

1. Long-handled reacher may be helpful in order to reach items low or high without getting into an awkward or uncomfortable position
2. Quad or 4-Pronged Cane: beneficial if experiencing weakness &/or impaired coordination in legs/feet
3. Standard Walker: helps with balance & stability walking
4. Rolling Walker or 4-Wheel Rollator: best for someone with impaired coordination &/or fatigues easily

**\*\*Consult an occupational therapist to determine the best piece of mobility equipment to meet your needs**



## References

American Occupational Therapy Association. (2012). *Fall prevention for older adults*.

<https://www.aota.org/~media/Corporate/Files/AboutOT/consumers/Adults/Falls/Fall%20Prevention%20Tip%20Sheet.ashx>

Occupational Therapy Geriatric Group. (2017, January 1). *Home Safety Assessment Tool (HSSAT)*.

<https://pdf4pro.com/view/home-safety-self-assessment-tool-hssat-v-4a5112.html>

Pierce, S. L. (2014). Restoring functional and community mobility. In Radomski, M. V. & Trombly Latham, C. A., (7th ed.), *Occupational therapy for physical dysfunction* (pp. 804-843). Lippincott Williams & Wilkins.

## Equipment Picture References

Reacher <https://www.amazon.com/ArcMate-Standard-Collapsible-Commercial-40SC-DC-1-FBA/dp/B0812BBPGK>

Quad Cane

[https://www.walmart.com/ip/Equate-Quad-Cane-Small-Base-Black/14179116?](https://www.walmart.com/ip/Equate-Quad-Cane-Small-Base-Black/14179116?wmlspartner=wlp&selectedSellerId=0&wl13=998&&adid=2222222227000000000&wl0=&wl1=g&wl2=c&wl3=42423897272&wl4=pla-51320962143&wl5=9023886&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=local&wl12=14179116&veh=sem&gclid=Cj0KCQiAip-PBhDVARIsAPP2xc05pu5zizGRhh8ggumE5Md1pYft2B37kstgVWjD_mR-_w0d_ehdLEaAhZSEALw_wcB&gclid=aw.ds)

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Standard Walker

[https://www.amazon.com/Medline-MDS86410W54BH-Two-Button-Folding-Walkers/dp/B013SBHHDK/ref=asc\\_df\\_B013SBHHDK/?tag=hyprod-20&linkCode=df0&hvadid=507663052233&hvpos=&hvnetw=g&hvrand=12475401183326564508&hvppone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmid=&hvlocint=&hvlocphy=9023886&hvtargid=pla-1266600158378&psc=1](https://www.amazon.com/Medline-MDS86410W54BH-Two-Button-Folding-Walkers/dp/B013SBHHDK/ref=asc_df_B013SBHHDK/?tag=hyprod-20&linkCode=df0&hvadid=507663052233&hvpos=&hvnetw=g&hvrand=12475401183326564508&hvppone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmid=&hvlocint=&hvlocphy=9023886&hvtargid=pla-1266600158378&psc=1)

4-Wheeled Walker

[https://www.carewell.com/product/mckesson-4-wheel-folding-rollator/?sku=146-10257BL-](https://www.carewell.com/product/mckesson-4-wheel-folding-rollator/?sku=146-10257BL-1&g_network=u&g_productchannel=online&g_adid=505662273339&g_keyword=&g_adtype=&g_keywordid=pla-1329046645181&g_ifcreative=&g_adgroupid=119643430975&g_productid=18626&g_campaign=TOF+-Smart+Shopping+%7C+NB+LTV+%7C%7C+Daily+Living&g_merchantid=114738081&g_partition=1329046645181&g_campaignid=12530042332&g_acctid=333-280-7133&g_ifproduct=product&gclid=Cj0KCQiAip-PBhDVARIsAPP2xc00aDf3-uyvy0aW7AckzyT8u7rTW9dzZr6wLk-ajgnDk_wEIVdNFEaAn9zEALw_wcB)

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