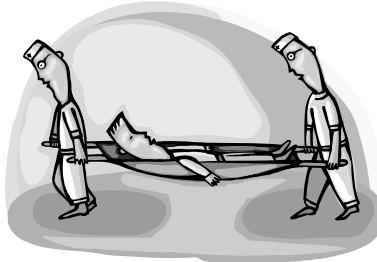




Falls are a common and serious problem in older adults and the risk of falling increases with age. Women are at higher risk for falling than men. Two-thirds of older adults who fall, will fall again within six months!

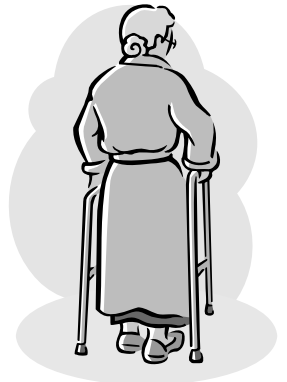
Tips to reduce falls:



- Remove throw rugs, buckled or loose carpeting.
- Secure rugs or carpeting with non-skid tape.
- Avoid waxed or buffed floors.
- Redirect electrical/telephone cords, make sure they are secure.
- Remove clutter.
- Eliminate chairs that are unstable, too low, too soft, no armrests, or on wheels.

A Guide to Preventing Falls

- Rearrange furniture to provide support and avoid obstacles.
- Avoid ladders and step stools.
- Avoid bright lighting that could cause glare.
- Install night lights in each room.
- Keep a flashlight at your bedside and in the bathroom in case of power outage.
- Do not put items on the steps.



Bathroom Safety:

- Install Grab bars on the sides of the toilet, bathtub and/or in the shower stall.
- Purchase a tub bench or shower chair.
- Install a hand-held shower head.
- Apply slip-resistant strips to the floor in the tub/shower.
- Purchase a urinal and/or a commode for bedside use in the middle of the night.

Outside Your Home:

Make sure areas outside your home are well lit.

Make sure walking surfaces are smooth and free of loose gravel or stones.

Paint white stripes on the edge of steps.

Be alert for clutter left in walkways.

Trim shrubbery along the pathway to the entrance of your home.

Clothing :

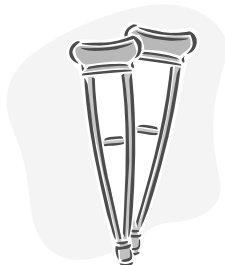
Shoes should fit comfortably, have low heels with rubber soles and be supportive.

Leather soled shoes may be slippery.

Pant legs should be a proper length.

Do not walk bare foot.

Shorten the length of bathrobe ties.



Common Sense Tips to Follow:

Be aware of your surroundings!

Don't rush, take your time!

Move slowly when changing your position, wait a minute or two before getting up from a chair or bed!

If you become dizzy, ease yourself down to a safe position!

Make sure assistive devices (canes, walkers, wheelchairs, commodes) are in good repair!

Walking aids need to be adjusted to your height!



Our pets may be our best friends but they can be our greatest falls risk!

**Know your pet's whereabouts at all times!
Consider putting a small bell on your cat's or dog's collar, to help know where your pet is at all times!**

These tips brought to you by the:

**Ridgefield Park Volunteer
Ambulance Corps
48 Main Street
Ridgefield Park, NJ 07660
201-641-4770**

www.ridgefieldpark.org

