



Help at Home®
www.helppathome.com

Focusing on Fall Prevention



Keep your home well lit and clutter free.



Floors: Keep your home well-lit and free of clutter. Make sure all rugs are securely tacked or taped down.



Bathroom: Place items (toilet paper, tissues, care items) at chest level and arm's length so it's easy to reach. Watch for any water spills. Make sure to have grab bars, a shower chair or tub bench to keep you safe.



Wear shoes that fit well. If you use a walker or cane make sure to bring it with you as you move around your home. Change positions slowly, practice balance and strength exercises daily.



Stairs: Use handrails when possible. Have handrails installed on both sides of the staircase.

Call Help at Home and your provider if you have a fall so we can help you stay safe at home!

Call your local branch: _____



Talk to your provider about fear of falling, vision or hearing difficulty, weakness or balance issues, or medication side effects that make you sleepy or dizzy.

Our family of companies:

