

✓	Indoors
	<ul style="list-style-type: none"> Remove clutter and all loose wires/cords from the floor.
	<ul style="list-style-type: none"> Remove rugs, or use rugs that have skid-proof backing.
	<ul style="list-style-type: none"> Install grab bars on the bathroom walls beside the tub and toilet, and inside the shower.
	<ul style="list-style-type: none"> Use a non-skid rubber mat in the shower or tub.
	<ul style="list-style-type: none"> Consider using a plastic chair with a back and non-skid legs in the shower or tub, and use a hand-held showerhead.
	<ul style="list-style-type: none"> Place light switches or lamps within reach of your bed and a night light between the bedroom and bathroom.
	<ul style="list-style-type: none"> Try to avoid using a stepstool. If you must use a stepstool, use a sturdy one with a handrail and wide steps.
	<ul style="list-style-type: none"> Keep stairwells well lit, with light switches at the top and bottom.
	<ul style="list-style-type: none"> Place the items you use most often within easy reach.
	<ul style="list-style-type: none"> Get up slowly after sitting or lying down.
	<ul style="list-style-type: none"> Wear supportive, low-heeled shoes inside and outside. Avoid walking around in socks, slippers, or bare feet.
	<ul style="list-style-type: none"> Avoid sitting in chairs that have wheels.
	<ul style="list-style-type: none"> Talk to your healthcare professional or pharmacist about the side effects of the medications you take. Some medications can make you feel dizzy or drowsy.
	<ul style="list-style-type: none"> Be in contact with a family member or friend every day. Always have at least one person who knows where you are.
	<ul style="list-style-type: none"> Consider wearing a personal emergency response system (PERS) or keeping a phone with you so you can call for help immediately if you fall.
	<ul style="list-style-type: none"> Have your vision checked by an eye doctor annually or more often as needed.

Outdoors	
	<ul style="list-style-type: none"> • Use a walker or cane as needed.
	<ul style="list-style-type: none"> • Look carefully at floor surfaces in public buildings, which may be slippery.
	<ul style="list-style-type: none"> • Use a shoulder bag or fanny pack so you can be hands free.
	<ul style="list-style-type: none"> • Stop at curbs and check the height before stepping up or down. Use caution on steps.
	<ul style="list-style-type: none"> • Find out about community services that can provide assistance such as grocery stores that deliver.
	<ul style="list-style-type: none"> • Install handrails on both sides of the porch steps.
	<ul style="list-style-type: none"> • Look carefully at sidewalk, road, and ground for uneven surfaces.

Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.

References

<https://cdn.nof.org/wp-content/uploads/2015/12/25-Ways-to-Prevent-Falls-2016-FINAL-color.pdf>

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