

FALL PREVENTION CHEAT SHEET

HOME SAFETY

STAIRS



- KEEP OBJECTS OFF THE STAIRS
- FIX BROKEN STEPS
- STEPS WELL LIT
- FIX/INSTALL HANDRAIL

FLOORS



- MOVE FURNITURE FOR A CLEAR WALKING PATH
- REMOVE RUGS OR USE DOUBLE-SIDED TAPE UNDERNEATH
- REMOVE OBJECTS OFF THE FLOOR
- TAPE WIRES DOWN NEXT TO THE WALL



BEDROOMS

- INSTALL LIGHT FROM THE BED TO THE BATHROOM

KITCHEN



- KEEP THINGS YOU USE OFTEN ON LOWER SHELVES
- STEP STOOL WITH A GRAB-BAR

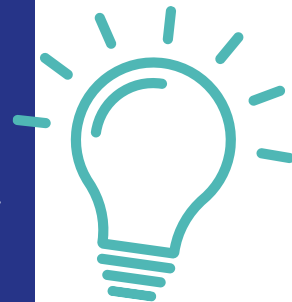
BATHROOM



- GET A NON-SLIP BATH MAT
- INSTALL GRAB BARS TO HELP GET OUT/IN BATH AND ON/OFF TOILET
- GET A SHOWER CHAIR

SCORE

___/14



Self Assessment

- drink plenty of water
- wear non-slip shoes/socks
- review medications with your doctor
- use an assistive device if needed



Balance Assessment

Berg Balance Scale

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<45 indicates a high risk for falls

BALANCE PROGRAM

- standing heel raisies
- standing hamstring curls
- standing hip abduction
- standing hip extension
- tandem stance
- single leg stance
- standing march
- sit to stand

3 x / week

GOALS
