

## Fall Prevention Caregiver Packet



Goal: to minimize falls in your loved one

Tip: Be proactive, caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When *your* needs are taken care of, the person you care for will benefit, too.

### **Inside your home:**

- Use nightlights
- Keep floors & steps free of clutter
- Keep floor surfaces smooth but not slippery
- Don't walk around in socks or floppy slippers
- Keep electrical cords and telephone lines out of the way
- Use a rubber mat in the shower or tub
- Keep a phone on each level of your home
- Avoid use of throw rugs

### **Outside your home:**

- In winter, wear shoes or overshoes that offer good traction
- Be careful about floors in public buildings that can be slippery, especially in bad weather
- Check out curbs before stepping up or down
- In bad weather, ask for help or consider using a cane or walker
- Check in with neighbors

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## **Boost your balance:**

Increasing your balance, flexibility, and strength will also help prevent falls and reduce your risk of fracture. The following exercises boost your balance. **(Check with your doctor to plan a suitable program.)** Add these into your exercise routine:

- Stretching
- Yoga
- Tai chi

## **Tips:**

- Talk to your doctor-review list of medications
- Limit alcohol intake
- Have your vision and hearing tested regularly
- Use caution getting up too quickly, after eating, lying down or resting
- Avoid prolonged exposure to cold

## **Resources:**

American Trauma Society (ATS)- Watch your step; Being safe and sensible at home  
Downstairs All around the House A year Round Guide to Home Safety

[https://www.amtrauma.org/catalog/prod\\_index.jsp?prodcatId=4](https://www.amtrauma.org/catalog/prod_index.jsp?prodcatId=4)

Centers for Disease Control and Prevention (CDC)-What you can do to prevent falls

[http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure\\_Eng\\_desktop-a.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure_Eng_desktop-a.pdf)

Centers for Disease Control and Prevention (CDC)-Check for safety

[http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/Posters\\_Eng\\_desktop-a.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/Posters_Eng_desktop-a.pdf)