



PREVENTING FALLS:
Simple home modifications
for a safer home

Take steps to reduce your risk for falls

Falls aren't just a normal part of getting older – they're preventable. Be proactive and stay independent longer by checking your home for safety and making these simple modifications:

- Make sure your home has plenty of light by adding more or brighter light bulbs and installing night lights.
- Remove clutter, cords and rugs that may cause you to trip.
- Add grab bars inside and outside your bathtub or shower and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Put railings on both sides of stairs.
- Arrange furniture so that there is plenty of room for walking.
- Move frequently used items to lower shelves.
- Wear supportive shoes with a snug back and secured laces or Velcro.

For more tips and strategies on fall prevention, visit coraphysicaltherapy.com or scan the code below.

