



AllCare Living Services, Inc. Presents

# Fall Prevention

## 1 Help at Home Most falls are caused by trip hazards.

- Remove clutter from walkways and high-traffic areas.
- Avoid exposed electrical cords and loose rugs.
- Ensure that pets are properly trained.
- Make sure all flooring is correctly installed and well maintained.

## 2 Walk in the Light Poor lighting is a risk factor in falls.

- Have a light switch within reach from your bed.
- Install switches at both ends of hallways or stairs.
- Use nightlights in the bathroom and kitchen.
- Keep a flashlight with fresh batteries in a designated spot.

## 3 Keep Moving Regular exercise and balance training can prevent falls.

- Clear all exercise and new activities with your physician.
- Begin regular exercise to increase muscle strength.
- Consider targeted balance and coordination activities.
- Walk, and then walk some more.

## 4 What's up Doc? Regular health screenings and medication reviews are needed.

- Schedule annual sight and hearing tests.
- Review current medications with your doctor or pharmacist.
- Report any symptoms of lightheadedness or dizziness immediately to your doctor.
- Ask your doctor for information on bone screening and osteoporosis.

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*"Certified In-Home Care with a Heart"*