Potential Hazards

- Throw rugs, loose carpets
- Electrical cords
- Door sills
- Slippery floors, shower stalls or baths
- Pets that get under foot
- Uneven, cracked pavement
- Snow/ice on sidewalks or steps
- Unsafe stair design
- Lack of handrails and grab bars
- Clutter or obstacles in pathways
- Poor lighting and glare
- Lack of rest areas
- Low couches, toilets & chairs

Your health and safety are important to us.
We are striving to reduce the number of falls and fall-related injuries by identifying risks and working with you to reduce these risks.

Together we will reduce the risk of falls and fall-related injuries.

Ask your health care team for more information about home safety

This brochure was developed for use throughout Interior Health by the Community Care Fall Prevention Community of Practice.

Preventing Falls is Everyone's Business
### FALL FACTS

- 1 in 3 older adults will have a fall each year; of those that fall, half of them will fall repeatedly.
- One-quarter of older adults who break their hips have to leave their homes because they do not fully recover.
- Falls are responsible for 40% of admissions to nursing homes.
- Falls are the #1 cause of head injuries and broken hips.
- About one quarter of people ages 50 and over who have a broken hip will die within 12 months.

### ARE YOU AT RISK?

- Weakness in legs
- History of falling
- Balance problems or difficulty walking
- Slippery or poor-fitting footwear
- Urgent need to go to the bathroom
- Vision problems
- Taking more than 4 medications daily
- Taking medications that cause drowsiness or a drop in blood pressure
- Age 80 or older
- Confusion
- Recent illness
- Health conditions such as Parkinson’s disease, depression, arthritis, stroke, dementia, diabetes

### WHAT CAN YOU DO?

- Take part in strength and balance activities
- Take 1000 IU of vitamin D daily
- Wear well-fitting footwear; flat heels, rubber soles and lace-up shoes are best
- Use hip protectors, non-slip socks, wheelchair or walking aid as recommended by your health care team
- Clear clutter and tripping hazards from floors
- Use night lights in the bathroom and hallway
- Have your vision checked every year and maintain eyeglasses
- Ask your doctor or pharmacist to review your medications