

Best Ways to Avoid a Fall

Nobody should live in fear of falling. Fortunately, there are plenty of prevention measures you can take to avoid a nasty fall:

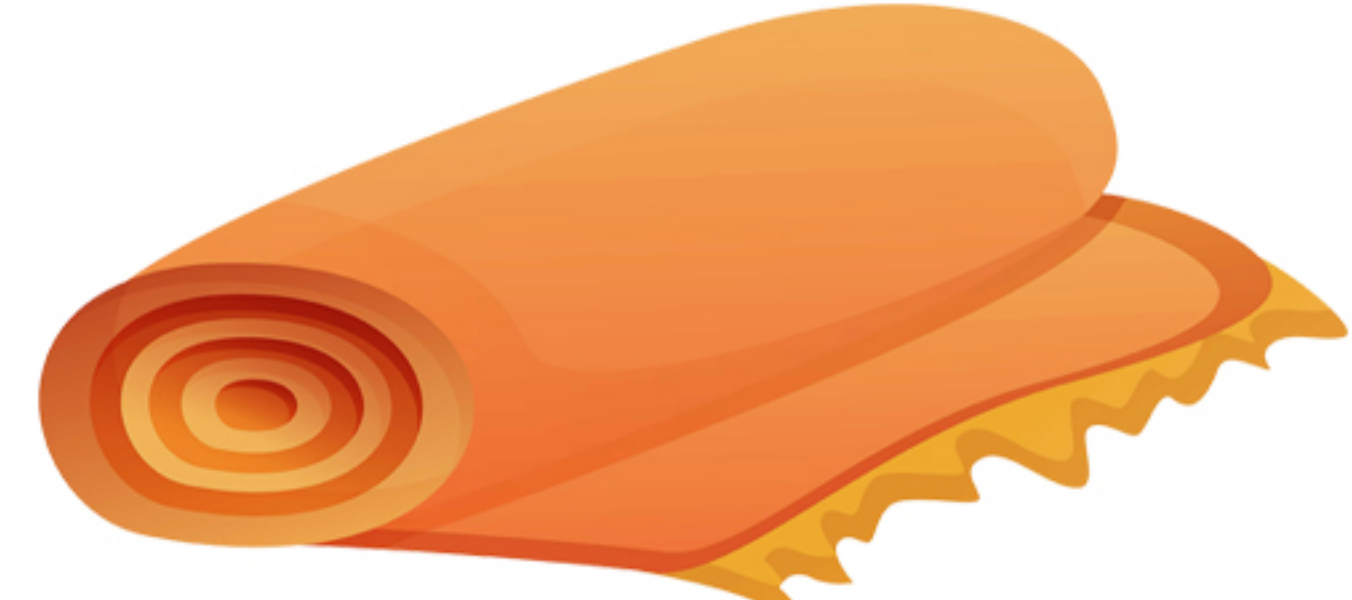
1 Declutter your home.

Clear walkways and staircases of any unnecessary boxes, papers, cords, and small furniture pieces.



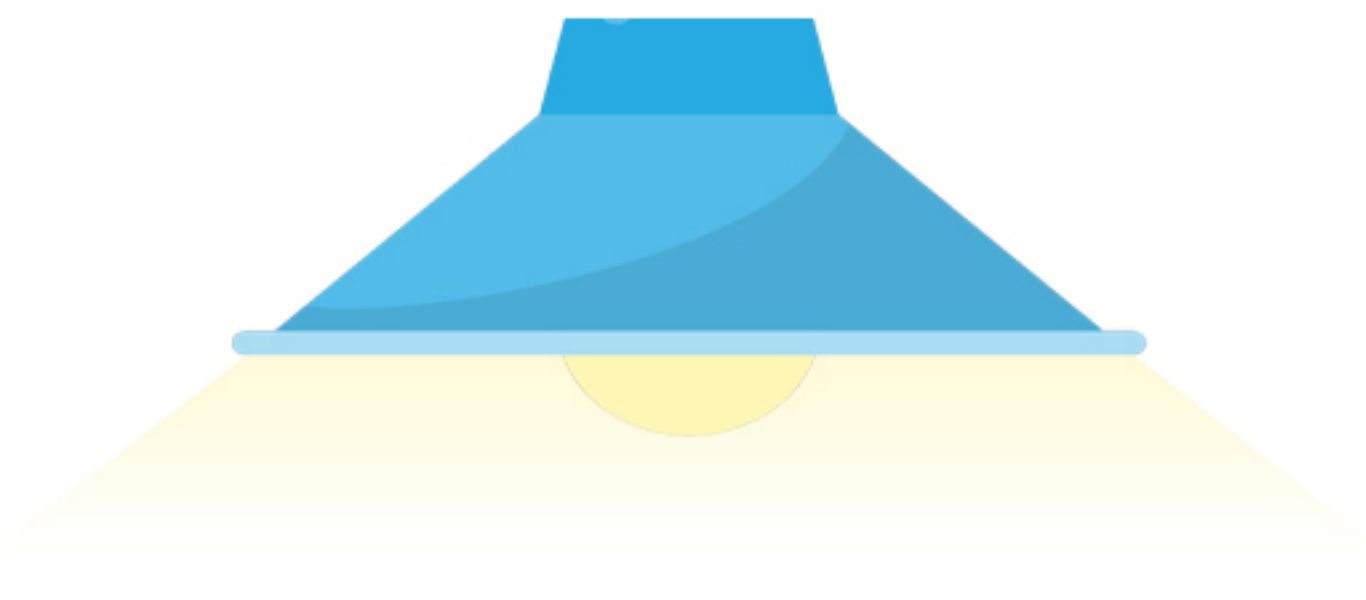
1 Remove tripping hazards.

Secure or fix any loose rugs, carpet, or floorboards. Be sure to use non-slip mats in the bathtub or shower.



1 Keep your home well-lit.

Use brighter light bulbs. To prevent falls at night, put night lights in your bedroom and bathroom and clear paths to light switches.



1 Live on one level.

Staircases are some of the greatest falling hazards. Avoid them altogether if possible. When you have to navigate stairs, be extra careful.



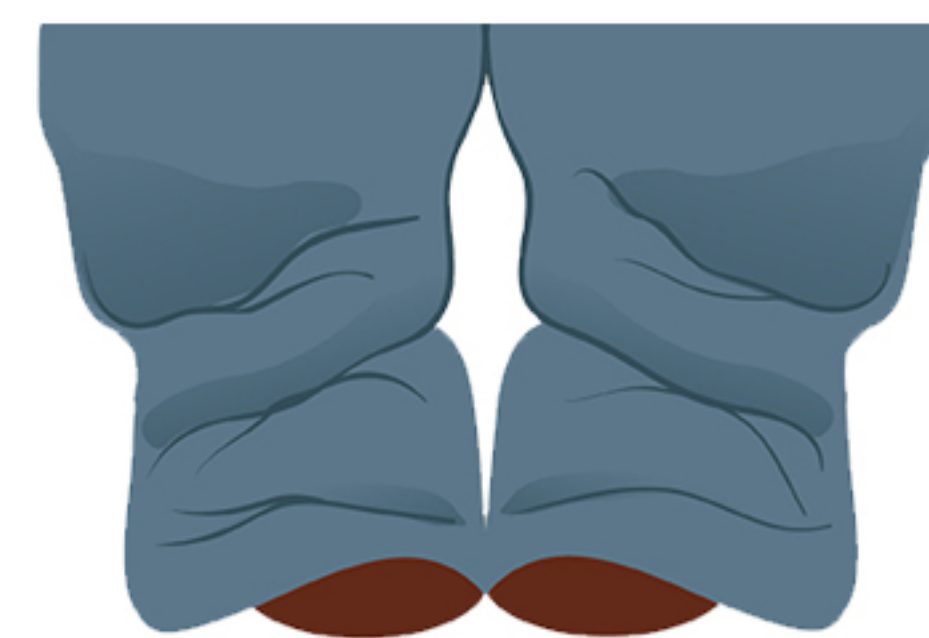
1 Wear the right shoes.

Instead of walking around barefoot, in socks, or in floppy slippers, sandals, or flip flops, opt for well-fitted, sturdy shoes with non-skid soles.



1 Don't wear loose clothing.

Baggy clothing that drags or bunches up at your feet can increase your likelihood of falling.



1 Get regular physical activity.

With your doctor's approval, try activities like walking, water workouts, or tai chi that'll boost your strength, balance, coordination, and flexibility.



1 Use assistive equipment.

Try some home medical equipment — like canes, walkers, handrails, non-slip tread on steps, raised toilet seats, or shower grab bars.



1 Slow it down.

If you move too quickly, you'll increase your likelihood of tripping and incurring an injury.



1 Check with your doctor.

Set an appointment to review your medications and health conditions. Look for anything that might increase your risk of falling, and create a all-prevention plan.



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