



### **What can my family or caregiver do to help me prevent falls?**

- Check your home for dangers that might make you trip or fall. See tips below.
- Walk with you to see how stable you are and watch for changes in your strength or balance.
- Respond to any worries you might have about feeling dizzy, weak or unsteady, and see that you get help.

### **Home Safety: Does your home meet your needs?**

Here are some tips:

- Wear shoes with nonskid soles.
- Be sure your home is well lit; Use night lights in your bedroom, bathroom, hallways and stairways.
- Remove throw rugs or fasten them to the floor with carpet tape. Tack down carpet edges.
- Do not put electrical cords across pathways.
- Have grab bars put in your bathtub, shower and toilet area.
- Have handrails put on both sides of stairways.
- Don't climb on stools and stepladders. Get someone else to help.
- Have sidewalks and walkways repaired so that surfaces are smooth and even.