

## Patient Education Fall Prevention Checklist

✓	<b>Indoors</b>
	<ul style="list-style-type: none"> <li>Remove clutter and all loose wires/cords from the floor.</li> </ul>
	<ul style="list-style-type: none"> <li>Remove rugs or use rugs that have skid-proof backing.</li> </ul>
	<ul style="list-style-type: none"> <li>Install grab bars on the bathroom walls beside the tub and toilet, and inside the shower.</li> </ul>
	<ul style="list-style-type: none"> <li>Use a non-skid rubber mat in the shower or tub.</li> </ul>
	<ul style="list-style-type: none"> <li>Consider using a plastic chair with a back and non-skid legs in the shower or tub and use a hand-held showerhead.</li> </ul>
	<ul style="list-style-type: none"> <li>Place light switches or lamps within reach of your bed and a night light between the bedroom and bathroom.</li> </ul>
	<ul style="list-style-type: none"> <li>Try to avoid using a stepstool. If you must use a stepstool, use a sturdy one with a handrail and wide steps.</li> </ul>
	<ul style="list-style-type: none"> <li>Keep stairwells well lit, with light switches at the top and bottom.</li> </ul>
	<ul style="list-style-type: none"> <li>Place the items you use most often within easy reach.</li> </ul>
	<ul style="list-style-type: none"> <li>Get up slowly after sitting or lying down.</li> </ul>
	<ul style="list-style-type: none"> <li>Wear supportive, low-heeled shoes inside and outside. Avoid walking around in socks, slippers, or bare feet.</li> </ul>
	<ul style="list-style-type: none"> <li>Avoid sitting in chairs that have wheels.</li> </ul>
	<ul style="list-style-type: none"> <li>Talk to your healthcare professional or pharmacist about the side effects of the medications you take. Some medications can make you feel dizzy or drowsy.</li> </ul>
	<ul style="list-style-type: none"> <li>Be in contact with a family member or friend every day. Always have at least one person who knows where you are.</li> </ul>
	<ul style="list-style-type: none"> <li>Consider wearing a personal emergency response system (PERS) or keeping a phone with you so you can call for help immediately if you fall.</li> </ul>
	<ul style="list-style-type: none"> <li>Have your vision checked by an eye doctor annually or more often as needed.</li> </ul>

<b>Outdoors</b>	
	<ul style="list-style-type: none"> <li>• Use a walker or cane as needed.</li> </ul>
	<ul style="list-style-type: none"> <li>• Look carefully at floor surfaces in public buildings, which may be slippery.</li> </ul>
	<ul style="list-style-type: none"> <li>• Use a shoulder bag or fanny pack so you can be hands free.</li> </ul>
	<ul style="list-style-type: none"> <li>• Stop at curbs and check the height before stepping up or down. Use caution on steps.</li> </ul>
	<ul style="list-style-type: none"> <li>• Find out about community services that can help, such as grocery stores that deliver.</li> </ul>
	<ul style="list-style-type: none"> <li>• Install handrails on both sides of the porch steps.</li> </ul>
	<ul style="list-style-type: none"> <li>• Look carefully at sidewalk, road, and ground for uneven surfaces.</li> </ul>

**Questions**

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.

References

<https://cdn.nof.org/wp-content/uploads/2015/12/25-Ways-to-Prevent-Falls-2016-FINAL-color.pdf>

<https://cdn.nof.org/wp-content/uploads/2016/02/Tips-for-Preventing-Falls.pdf>

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