

Fall Prevention



As people age they experience natural aging. They may experience stiff joints, poor eyesight, and decreased muscle strength along with poor balance. Natural aging along with some chronic conditions can increase their risk of falling.

Tips for assisting in preventing falls (**ACT**):

Assess the Environment

- Remove clutter from pathways.
- Arrange furniture to make rooms easy to navigate.
- Remove or secure throw rugs.
- Use assistive devices to retrieve items from high shelves.
- Use a cane when walking on uneven surfaces.
- Encourage clients to wear shoes with non-slip soles.
- Ask clients to avoid walking in stocking feet on wood floors.
- Replace shoe laces that tie with elastic ones that won't come untied and present a tripping hazard.
- Organize the house so items used most frequently are at waist level, minimizing the need to bend or climb.
- Apply high-contrast colored tape to top and bottom of stairs and thresholds.
- Make sure the home and stairways are well lit.
- Use a night light and/or leave a light on in the bathroom to reduce the risk of falls in the dark.
- Encourage the client to use walking aids (canes, walkers).

- Allow enough space to walk around furniture.
- Encourage the client to use handrails.
- Suggest the client keep one hand free when walking to allow her to grab onto a sturdy object to stop a fall.
- Minimize distractions and help the client focus while walking.
- Allow plenty of time for activities and tasks.

Check the Client's Health

There are also health conditions that could cause falls:

- Dehydration
- Medications
- Other chronic conditions (cataracts, arthritis, Parkinson's disease)

Here are a few hints to keep in mind:

- Understand the person's history with falls
- Notice abilities changing, such as vision, perceptual changes, mobility, and the ability to perceive touch
- Weight loss, nutrition changes or medication side effects
- Encourage daily exercise to increase or maintain physical strength

Take the Lead

If you recognize that the client is at risk for falls because of environmental or health reasons call the franchise office immediately.