



Basic Falls Prevention Tips for HOOSIERS

H – Have a seat: Place a sturdy chair with arms in your bedroom/bathroom so you can sit while getting dressed. Use a shower chair to make bathing safer and easier.

O – One-on-One conversations with a trusted friend, family, or medical professional to discuss your concerns about falls or to determine your fall risk. They may have ideas and solutions to prevent falls.

O – Obtain information for a balance and exercise program to build knowledge, balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals by calling 800-986-3505 or send an e-mail to cac.falls.prevention.coalition@uindy.edu

S – Secure support: Install grab bars and a handheld shower head in the bathroom and handrails in the garage and where steps are found.

I – Increase visibility in your home by using bright, non-glare bulbs and installing motion activated lights.

E – Eyes and ears are key to keeping you on your feet. Get your vision and hearing checked annually and make sure prescription is current. Hearing aids improve hearing and spatial awareness.

R – Remove tripping hazards like throw rugs, cords, or clutter on the floor. Move furniture to create a clear pathway for safe movement.

S – Sensible shoes: Consider changing your footwear as part of your fall prevention plan. Properly fitting, sturdy, flat shoes with nonskid soles can reduce joint pain and make you safer walking.

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