



Help at Home®

www.helpathome.com

## Focusing on Fall Prevention



### Keep your home well lit and clutter free.



**Floors:** Keep your home well-lit, free of clutter, and clean/dusted. Make sure rugs, mats, etc. are non-skid.



**Bathroom:** When organizing, place items (toilet paper, tissues, care items) at chest level and arm's length so it's easy to reach. Watch for any water spills.



**Wear shoes that fit well.** Or wear slippers/socks with non-slip bottoms. If you use a walker or cane make sure to bring it with you as you move around your home.



**Stairs:** Use handrails when possible.

Call Help at Home and your provider if you have a fall so we can help you stay safe at home!

Call your local branch: \_\_\_\_\_

Our family of companies:

