

# Preventing Falls

As many people age, one of their greatest wishes is to live in the comfort and security of their own home for as long as possible. Maintaining your loved one's health and providing a safe home environment will go a long way toward preventing a fall while protecting their independence.

Your loved one's overall condition plays an important part in preventing falls. Encouraging them to stay active by continuing to enjoy hobbies, spending time with friends or exercising frequently will help keep their minds and bodies healthy. Also, having your loved one's vision checked annually and periodic medication reviews by a doctor or pharmacist — to avoid side effects such as drowsiness or dizziness — will help ensure a safe environment.

## Here are some key safety checks that can help prevent falls:

- Have their doctor review their medications. Some medications, or combinations of medications, can make one drowsy or light-headed and could cause them to fall.
- Have their vision checked. Poor vision can increase one's chances of falling.
- Wear shoes that have good support and thin, nonslip soles.
- Encourage them to be very careful when you're on a porch or steps during icy weather.
- Install grab bars in the shower or tub to make it easier to get in and out.
- Place non-slip mats and rugs on the floors to allow for surefooted movement.
- Improve the lighting in the bathroom by adding a night light.
- Installing lights over the stairs, steps and landings will create a brighter environment
- Remove items you can trip over, such as papers, books, clothes and shoes
- Install sturdy handrails on both sides of the stairs from top to bottom will allow your loved one to keep their balance.

### For more information on Solutions for Caregivers:



Call **1-877-765-4473**, TTY 711  
24 hours a day, 7 days a week



Visit **[www.LiveandWorkWell.com](http://www.LiveandWorkWell.com)**  
Access code: "Caregiver"

*If you are concerned about the safety of your loved one, it may be time for an onsite assessment.*



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