

# Fall Prevention



- In Canada, 4 out of 5 injury hospitalizations involving older adults are due to falls.
- Falls are the leading cause of injury for older adults across Canada

## HOME MODIFICATIONS

### IMPROVE LIGHTING

Make sure your home is well lit in all areas, especially outdoor walkways, interior hallways & stairwells. The use of motion lights on path from bedroom to bathroom can prevent falls at night



### KEEP YOUR FLOOR CLEAR & SLIP-FREE

Keep your floor space clear of clutter, use non-slip floor mats, and remove bulky throw rugs. Wear non-slip shoes instead of slippers or barefeet indoors.



### USE GRAB BARS & HAND RAILS

Handrails in stairways should extend beyond the top & bottom of the stairs. Grab bars should be installed near toilet, tub and shower measured for placement specific to the user.



### FURNITURE PLACEMENT

Allow wide, clear pathways around furniture and remove clutter and trip hazards. Furniture blocks can be used to raise height of couches chairs and beds for ease of sit-stand transfers.



### CONSULT WITH AN OT

OT's can provide client-specific residential adaptations that are meant to increase safety, accessibility and participation in daily activities.

