

⇒ Shoes



- ✓ Non-skid shoes
- ✓ Properly fitting shoes

⇒ Chairs/ Wheelchairs

- ✓ Avoid low sitting chairs.
- ✓ Choose firm chairs with arms to help you get up.
- ✓ Lock brakes on wheel chairs during transfers.
- ✓ Change position slowly when getting up from a chair or out of bed.



- ✓ Keep your wheelchair close to the seat that you are transferring

**Outdoor
Environmental
Hazards**

to
or

from.

- ✓ Avoid uneven surfaces.
- ✓ Salt icy surfaces.

REMEMBER!

- ⇒ Keep regularly used items at body level and not above head to prevent reaching.
- ⇒ Ask for help when needed.
- ⇒ Keep emergency numbers close by.

If you need more information or have questions, contact your health care provider Or call Western Wisconsin Cares at any of our regional offices Or go to

www.wwcares.org

WWC - La Crosse Office
Phone 608-785-6266 or
Toll Free 877-785-6266

WWC - Sparta Office
Phone 608-269-7400
Toll Free 888-742-5510

WWC - Blair Office
Phone 608-989-2690
Toll Free 888-285-3490

WWC - Mondovi Office
Phone 608-785-3600
Toll Free 877-874-4610

WWC - Neillsville Office
Phone 715-743-5410
Toll Free 866-923-7815



ARE YOU AT RISK FOR FALLS?



- ✓ **Do you need to grab onto items for balance when you walk?**
- ✓ **Do you feel dizzy or weak when you get up?**
- ✓ **Is your vision blurry?**
- ✓ **Do you have problems hearing?**
- ✓ **Have you fallen recently?**
- ✓ **Do you take 4 or more medications?**



RISK FACTORS RELATING TO FALLS

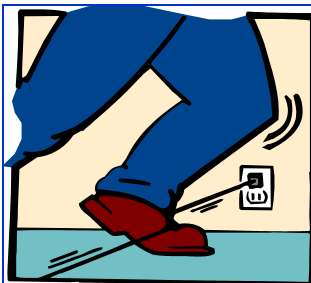
- ⇒ Changes in vision or hearing
- ⇒ Changes in balance or gait
- ⇒ Changes in muscles or bones
- ⇒ Changes in heart or blood flow
- ⇒ Taking multiple medications



⇒ **Certain medications may cause:**

- Dizziness and/or weakness
- Blurred vision

- ⇒ Acute/Chronic disease
- ⇒ Neurological/Cognitive problems (Dementia)
- ⇒ Hazards inside the home
- ⇒ Hazards outside the home



BASIC SAFETY TIPS FOR FALLS

Home Hazards

Bathroom

- ✓ Install grab bars
- ✓ Consider a toilet seat riser
- ✓ Use non-skid mats in tub and shower
- ✓ Consider using a shower chair



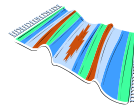
⇒ Lighting

- ✓ Keep a flashlight at your bedside
- ✓ Use nightlights where needed
- ✓ Reduce glare (frosted bulbs and sheers for windows)



⇒ Flooring

- ✓ Clean up spills right away
- ✓ Remove throw rugs
- ✓ Carpeting must be smooth with no raised areas or loose edges
- ✓ Keep floor free from clutter
- ✓ Keep doorway thresholds flush with adjacent flooring or eliminate thresholds



- ✓ Tiled floors should not have high gloss surfaces
- ✓ Beware of floor surface changes

⇒ Stairs/Hallways

- ✓ Use handrails to assist on stairs
- ✓ Keep stairs and hallways well lit and uncluttered
- ✓ Place bright tape on edges of stairs
- ✓ When going up steps, lead with stronger leg . When going down steps lead with weaker leg for sturdier balance



Mobility Concerns

⇒ Exercise

- ✓ Regular exercise improves coordination and balance
- ✓ Weight bearing increases muscle
- ✓ Range of motion helps joints move more freely
- ✓ Change position slowly

