



HOW TO PREVENT FALL AT HOME

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DEFINITION

- A fall is unexpected event resulting in the person coming to rest on the floor or other lower level
 - It includes:
 - ❖ Falling out of bed
 - ❖ Falling off a chair or toilet
 - ❖ Falling while walking
 - ❖ Falling downstairs
- 



HOW TO MAKE OUR HOME SAFE FOR THE ELDERLY??





BEDROOM

- Height of bed must be suitable with the patient's height
- How to measure:
 - ❖ sit on the edge of the bed. The height is perfect if the hips and knees are aligned and the feet are flat on the floor
 - ❖ If the knees are above the hips, the bed is too low
 - ❖ If the feet cannot reach the floor comfortably, the bed is too high





KITCHEN

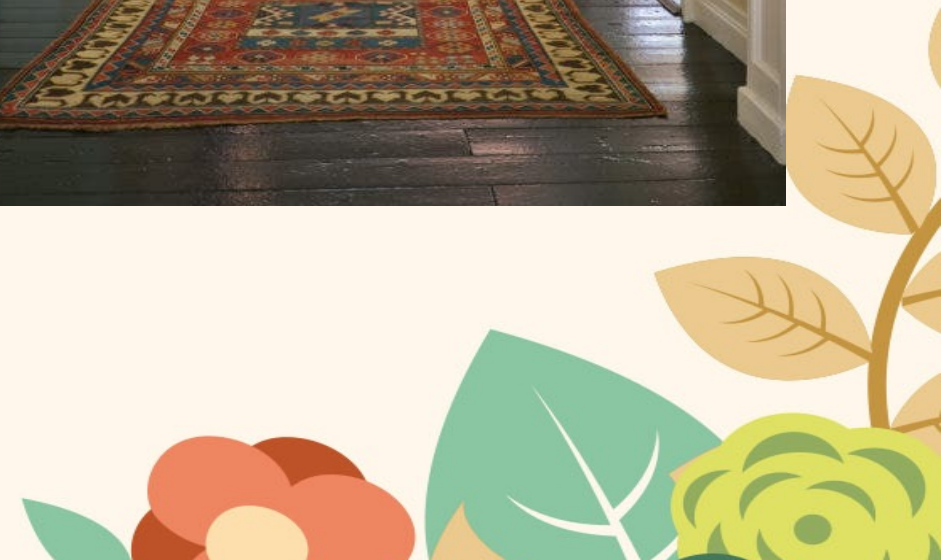
- Place a water-absorbent, non-skid mat in front of the sink.
- Use kitchen chairs with arms to allow elders to sit/stand up more easily
- Avoid storing frequently-used items (e.g., heavy pots and pans) on high shelves or in high cabinets





DINING ROOM/HALL

- Good lighting is compulsory
- Rearrange lights and electronics along the walls and out of pathways
- Remove clutter
- Remove rugs or secure the edge with tape
- Create wide, straight and clear paths





STAIRS

- Make sure your stairway is well lit
- Use contrasting color
- Add railing
- Add resting a spot

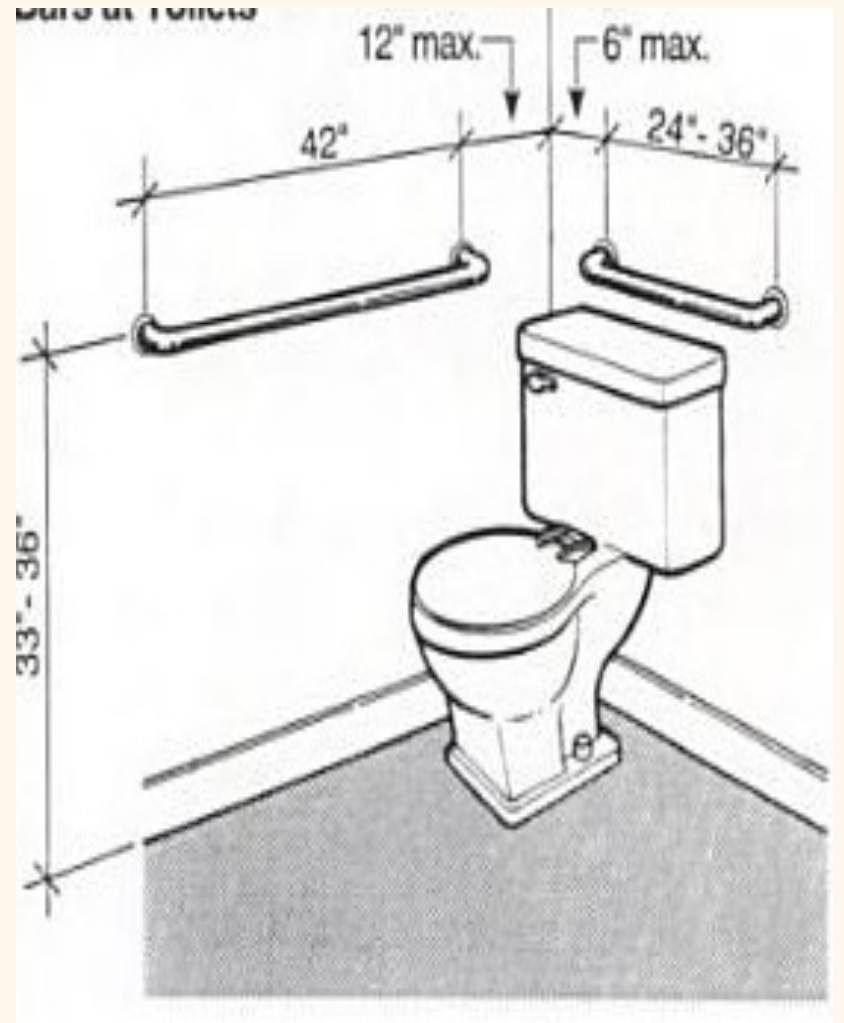




BATHROOM/TOILET

- Add non slip mat
- Install grab bar
- Good lighting
- Sitting toilets are safer
- Use shower chair if necessary

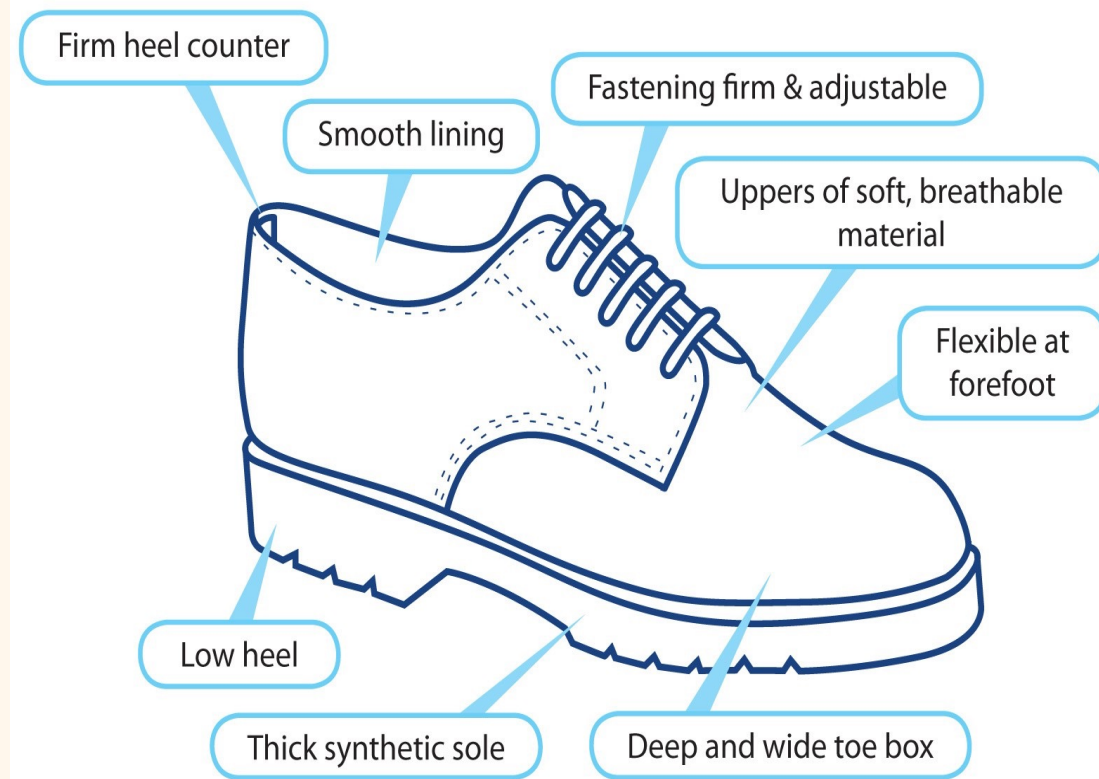




PROPER FOOTWEAR

Elderly should avoid loose, backless slippers. It is recommended that older persons should wear close-backed, well-fitted, slip-resistant slippers or house shoes indoors.

The Ideal Shoe



HOUSE SHOE

An house shoe offers the comfort of a slipper, but with the stable support of a shoe.



MOBILITY AIDS

- Mobility aids must be suitable with the patient's condition



Walking frame



Rollator



Quadripod