Preventing Falls



Home:

- ▶ Clear walkways and floor
- ▶ Remove loose rugs & power cords
- ▶ Increase lighting
- ▶ Be careful around animals
- ▶ Use raised toilet seat
- ▶ Place non-slip mat in shower
- Place professionally installed grab bars and rails
- Make stairs safer

Medications:

Beware of Benadryl (diphenhydramine): may cause falls and confusion

 Check with doctor before taking any over-the-counter medications

Movement:

- Encourage activity
- ▶ Well-fitting shoes
- Use cane/walker

Communication

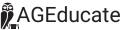
- Portable/cell phone nearby
- ▶ Fall alert system if possible

Sensory:

- ▶ Encourage use of glasses
- ▶ Hearing aids







http://ageducate.net http://gwep.med.ucla.edu

For additional information on aging, visit http://cdc.gov/aging/aginginfo/

Take Extra Care If:

- ▶ Past falls and/or fractures
- Uncontrolled pain
- ▶ Balance problems
- Weakness
- Using alcohol
- Confused, impulsive, has dementia

For 24/7 nurse advice for Inland Empire Health Plan (IEHP) members, call 1-888-244-IEHP (4347)

Other helpful numbers:

Poison Control: 311 or 1-800-876-4766 Adult Protective Services: 800-491-7123 Important: This is a non-comprehensive list and is not meant to substitute for medical advice. Please consult your health professional.

For Emergencies Call 011