

Patients Preventing Falls at Home

Preventing Falls at home

One often hears about people having unexpected falls in their own homes. Patients and the elderly are particularly more vulnerable. The trauma and harm caused are immense. Once we come home after discharge from the hospital, we may get a false sense of confidence and may not be as cautious.

Simple precautions can reduce the risk of falling:

- 1) **Remove Obstacles** such as clutter, foot mats, wire cords and unnecessary furniture. If there are levels or steps in the house, mark them out, by putting coloured stripes on the edges or borders.
- 2) **Wear non-slippery footwear** and avoid walking in socks or barefoot, which can increase the risk of slipping.
- 3) **Ensure Bathroom Safety:** Use non-slip mats or adhesive strips in the shower to prevent slipping. Place a sturdy bath mat with rubber bedding outside the shower to dry your feet before stepping onto the floor. Provide catch bars or handrails if possible. Use a shower chair if facing difficulty. Do not lock the bathroom.
- 4) **Light up your house** well to avoid tripping on objects that are difficult to see. Use night lamps in bedrooms, toilets and corridors. Do not lock your rooms, keep the door slightly ajar.
- 5) **Get out of bed slowly in three steps:** First, sit up then sit on the side of the bed, only then stand up. At each step pause for a few seconds before you start walking.
- 6) **Use the Call button near your bed** and avoid attempting to move or walk alone if you are feeling weak, dizzy, or unsteady. Do not hesitate to ask for help from your caregiver or attendant when you need to move. Do not lower the side guards of your bed when getting off.
- 7) **Use walking aids** as prescribed like canes, crutches, and walkers till you can manage without them. Ask your caregiver for physical support.
- 8) **Exercise improves your mobility**, stability, and overall strength, reducing the risk of falls. Consult your healthcare provider or a physical therapist for an appropriate exercise regime.

To know more:

- [How to prevent falls at home?](#)
- [What to do if you fall at home?](#)
- [What causes people to fall?](#)

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