

FLORIDIANS FIGHTING FALLS: SELF HELP SAFETY CHECKLIST



Take time to think and plan your daily life. Watch every step you take. Wear shoes at all times, preferably sturdy sensible shoes, abandon flip flops, platform shoes and high heels.

Hydrate! Drink plenty of water and other fluids, just don't over do it. Call FFF office for assistance with EyeCare America registration.

Check for dizziness or vertigo before getting up off the bed

Sit down when dressing

Consider using a long-handled shoehorn to put on shoes

Keep cell phone with you at all times, and keep it charged

Install a night light

Remove or secure throw rugs

When waking at night, plant both feet firmly on the floor, before moving.

Place non-skid strips on tub or shower floors

Secure bathmats, remove or secure throw rugs, install a night light

Place grab bars in tub, shower and/or either side of toilet

Install adjustable height shower heads or a hand held shower head

Sit down when dressing

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Remove or secure throw rugs

Review medications, prescribed and over the counter, with your doctor/pharmacist, on each visit, to check for adverse interactions

Schedule annual eye exams, more frequently if necessary. Keep your glasses clean!

Check warning labels on all medications for dizziness or adverse interactions

Keep cell phone with you at all times, and keep it charged. Keep phone within reach from your bed.

When in doubt - Do not hesitate to call 911 , don't wait for **"it"** to go away.

Consider enrolling with a personal care custodial company which provides an alarm device such as a neck loop or wristband, and always wear device.

Enlist your doctor in your fall prevention program.

Discuss walking or standing problems with your doctor

Seek physical therapy or muscle strengthening exercise with your doctor.

Keep doctor's contact information in your cell phones, and list all your medications.

Avoid overuse of alcohol.



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Obtain handicap parking sticker

Remove cords (extension cords, computer cords, lamp cords, etc.), or wires from walking areas - mount cords next to walls, avoid covering cords with a rug)

Light internal and external stairs/steps well

Mark edges of steps/stairs with contrast paint,

Install handrails on both sides of stairs/steps

Install clear visible house numbers - so fire rescue can more rapidly locate your home if necessary.

Confirm all walkways are clear, both inside and outside of your home.

Be careful with pets at all times, know where they are so you don't trip

Place heavier and frequently used items within easy reach.

Use a reach extender for light weight items on higher shelves or the floor.

When getting out of a vehicle, turn your body to face the door, then place feet securely on ground, check area around your feet, then stand.

Take your time! Rushing is a major cause of falls.

Improve home lighting, install florescent lights for brightness and economy.

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Replace all burned out light bulbs at once.

Exercise, keep strong, check with your physician, consider Tai Chi, Silver Sneaker programs, or a Matter of Balance class.

Learn self help exercises that you can do daily at home, sitting or standing, in the car, or waiting anywhere.

Install light switches at all room doorways.

Use a step stool with grab rail, limit climb to one step, never use a chair.

Fix loose or uneven steps.

Check garages and sheds for all hazards, organize tools.



NOW!

WATCH YOUR STEP

Website: fightingfalls.org

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