



Memorial Healthcare

PREVENTING FALLS

INSIDE YOUR HOME	OUTSIDE
Put nonskid pads under area rugs and remove small rugs.	Check the height of a curb before stepping up or down. Be careful with uneven and cut-out sections of curbs.
Keep floors and stairs free of clutter and cords and have good lighting.	Don't rush when crossing the street. Watch for changes in pavement height.
Take your time when going up and down stairs. Put handrails on both sides of stairs and in walkways for more support. Install grab bars.	On stairs, grasp the handrail and take one step at a time. If you ever feel dizzy on stairs, sit down until you feel better.
Arrange furniture so there are clear pathways.	Wear shoes that fit well.
Move or rearrange items that you use often. This will make them easier to find or reach.	Choose shoes with rubber or nonskid soles. Athletic shoes are a good choice.
Don't walk around in stocking feet. Shoes are your safest bet, even when indoors. If you like, keep a pair of shoes just for indoors.	

FEAR OF FALLING

It's normal to be scared of falling, especially if you've fallen before. Being afraid can actually make you more likely to fall. This is because:

- Fear might cause you to become less active. Being less active can lead to a loss of strength and balance.
- Fear can lead to isolation from others, depression, or the use of more medicines or alcohol. All these things make falling even more likely.

For more information, please contact the Memorial Healthcare Trauma Program at (989) 720-CARE (2273) or visit our website: www.memorialhealthcare.org/service/trauma/.