Home Modifications To Reduce Falls

BEDROOM AND CLOSETS ■ Make sure a lamp (or light switch) and a phone are within easy reach of each bed. ■ Use motion-sensitive ■ Use non-skid mats night-lights. ■ Install lights in closets. ■ Store heavy items BEDROOM lower to the ground; AND CLOSETS don't stack items on AND PATHS OF TRAVEL KITCHEN **ENTRY** STAIRWAYS AND PATHS OF TRAVEL **ENTRY** KITCHEN ■ Secure edges of all scatter rugs ■ Keep a well-lit entry by using motion-sensitive lights inside ■ Repair loose carpeting and and out. ■ Clear a well-lit path from the front ■ Install handrails on both sides door to the garage or car. of all stairways ■ Install a small shelf for holding ■ Avoid steep stairs with narrow ■ If a step stool is needed, buy one packages while unlocking the door. ■ Make sure the doorbell can be heard throughout the home. ■ Install overhangs above exterior doors to protect the walkway from rain and reduce ice build-up. VASSAR BROTHERS MEDICAL CENTER **HEALTHQUEST** © 2019 Health Quest, All rights reserved, 18-2264-000