

## Fall Prevention

Although not every fall can be prevented, there are some things that you can do to protect yourself from falling.

- Balance/strength – you may notice that your balance and strength aren't what they used to be which may continue to decrease. Use assistive devices such as a long-handled pick-up tool to retrieve items from the floor rather than bending over. Your loved ones are happy to help as well.
- Review your medications with your nurse to help identify what medications may cause drowsiness or dizziness.
- Be sure to wear your glasses and hearing aids to help you when walking or moving from one position to another.
- Turn lights on, use nightlights at night or in darker areas. Light helps to keep everyone safe. If you can't see, you can't step safely.
- Maintain a safe home environment by removing area rugs. Place grab bars in the bathroom next to the toilet or in the tub or shower. Monitor the location of oxygen tubing and your pets so you don't trip over them.
- Keep things that you need close at hand such as your cup, remote control, phone, or personal items.
- Be patient and ask for help, even if it seems like a simple task.
- Don't rush! Take your time. Change positions slowly. Sometimes our bodies need extra time adjusting from lying to sitting to standing.

**Your care team is here to help. Please let them know if you have any concerns so we can help you remain as independent and as safe as possible.**

### **When to call Empath:**

- If an accident or fall should occur
- If you notice any pain after a fall
- If any area (arm, leg, hip, etc.) is in an unusual position
- If fluid is draining from your mouth, ears, nose, or if you are bleeding

Call Empath Health with any questions (888) 855-2838: \_\_\_\_\_

Empath Hospice | Hospice of Marion County | Suncoast Hospice | Suncoast Hospice of Hillsborough | Tidewell Hospice

**EmpathHealth.org**