

TAKE THE PROPER PRECAUTIONS TO STAY SAFE!



If you are feeling unsteady, don't be afraid to use a walking device.



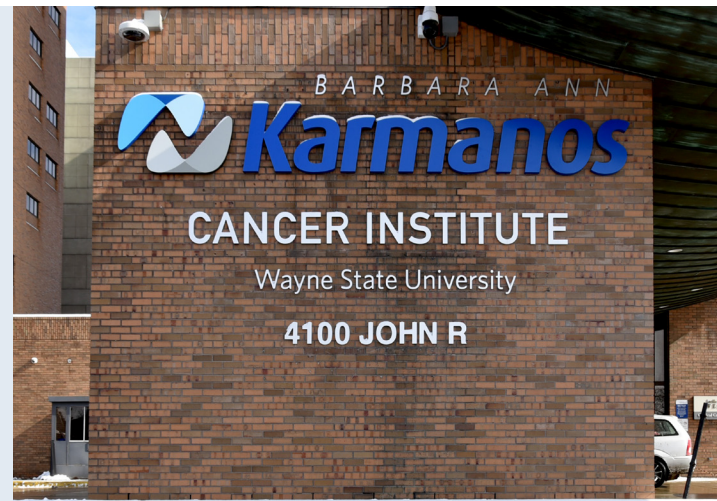
Always wear comfortable, non-slip shoes to avoid falls.



Use a wheelchair if you know you will be walking long distances to avoid falls related to fatigue.



Exercise to improve balance and strength



The Karmanos Cancer Institute has maintained the prestigious National Cancer Institute comprehensive cancer center designation since 1978. Earning this designation follows a highly competitive process that places Karmanos among the nation's best cancer centers.

BARBARA ANN KARMANOS CANCER INSTITUTE

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PREVENTING FALLS SAFETY TIPS FOR OUTPATIENT CARE AND HOME

ADVICE FOR PATIENTS, FAMILY MEMBERS AND FRIENDS



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MAKE YOUR HOME SAFER TO PREVENT FALLS

- Remove things you can trip over (like books, papers, clothes and shoes) from stairs and places you walk
- Remove small throw rugs or use double-sided tape to keep rugs from slipping
- Keep items you use often in cabinets you can reach easily without using a step stool
- Have grab bars put in next to and inside the tub and next to the toilet
- Use non-slip mats in the bathtub and on shower floors
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare
- Have handrails and lights installed on all staircases
- Wear well-fitting shoes with good support inside and outside the house

FALL PREVENTION 101

Falls can happen anywhere and to anyone, especially those who are undergoing treatment for cancer. Common reasons why a person may be at risk for falling include:

- Being in a new, unfamiliar location
- Trying to get on or off the exam table
- Confusion
- Weakness or an unsteady gait
- Taking certain medications
- Vision and/or hearing problems
- An urgent need to use the rest room

PREVENTING FALLS DURING OUTPATIENT VISITS

Prepare for your visit

- Leave home early so you do not feel rushed
- Wear slip-resistant footwear
- Avoid clothing that may cause you to trip (i.e. pants that are too long, untied shoe laces)
- Bring your walking device: walker, cane or scooter if used at home

During your visit

- If you think you may have difficulty walking, ask for help when you arrive
- Let the Karmanos staff know if you have had a recent fall since your last visit
- Ask for help when getting on or off the exam table, or going to the bathroom.
- If you feel weak or dizzy
- Never lean on or use an IV pole for support when you are walking

FALL PREVENTION TIPS FOR FAMILY, FRIENDS AND VISITORS

Family members, friends and visitors are important members of the fall prevention team. You can help in the following ways:

- Notify the nurse before leaving a confused patient alone
- Offer to stay with the patient until a staff member arrives
- Tell the team about any falls the patient has had in the last six months, or since the last clinic visit
- Remind the patient to use eyeglasses, hearing aids, walking devices and to wear shoes with non-skid soles
- Remind the patient to call for assistance
- Help patient make their home safer to prevent falls

