

McLaren Print System Order

Order No: 76193
 Order Date: 2023-03-31
 User: Jennifer Teeling
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Ship Location: McLaren Physical Therapy Clinton Township
 37055 S. Gratiot
 Clinton Township, Michigan 48036

Brochures
 Quantity: 200
 Paragon Dept No: 26900-2360
 Dept Name: Physical Therapy
 Company Number: 260

Order Total Price: 41.80

Item Number: MHCC-601-MAC
 Item Description: Fall Prevention At Home Flyer
 Revision Date: 03/2023
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Poster:
 Misc Info: 8.5x11 Color Bleed DS 80#Text



Nearly 1/3 of all individuals over the age of 65 experience a fall each year. A fall can result in injury, leading to a loss of independence. Even without injury a fall can leave a person feeling fearful. This fear may cause them to limit their activity level, leading to a gradual decline in mobility and further instability.

Aging often leads to changes in our vision, hearing, strength and coordination. We also may experience changes related to chronic illnesses such as arthritis, diabetes, heart disease or an acute event such as a stroke. Although these changes may increase the risk of a fall occurring, there are preventative measures that can be taken.

The following are recommendations to improve the safety of your home environment and to reduce the risk of falling at home.

Entrways and Stairs:

- Install handrails on all stairways
- Keep walkways and steps clear of boxes, ice and clutter
- Apply non-slip material to steps
- Paint edges of steps with a contrasting color to help warn those with poor eyesight

• Place a mat near the entrance of your home for a mat or to remove or put on shoes

Throughout the Home:

- Keep walkways clear of clutter
- Keep areas well lit. Use lamp shades or frosted bulbs to reduce glare and place nightlights in the halls and bathroom
- Remove loose rugs
- Be sure carpets and vinyl flooring are adhered well and dry smoothly
- Keep a cordless phone with you at all times
- Keep commonly used items within reach
- Place light switches accessible where you rest and placed at the both ends of stairways and halls
- Wear supportive shoes with non-slip soles. Avoid loose fitting slippers
- Be sure all equipment used for assistance is well maintained

Bathrooms:

- Place grab-bars in tub, shower and toilet areas
- Consider a toilet seat if getting off the toilet is difficult for you
- Consider a tub/shower chair if showering or bathing is difficult
- Place non-slip mat or adhesive strips in the tub or shower
- Use rubber-backed mats outside of the tub/shower
- Be careful when choosing bath/shower or floor cleaning products, some may make the surface more slippery

Spec Info: