



Falls in the home can happen to anyone.

Young children, expecting mothers, and older adults all face risks. Small adjustments can help lower the chance of injury.

These changes help you and your family stay safe and help you maintain your independence.

SMALL CHANGES MAKE HOME A SAFER PLACE

Clear walkways.

- Keep your **floors** free of clutter. Remove cords, toys, shoes, and bags.
- Arrange **furniture** to create wide paths for walking.
- Teach children to put away their **toys** when they finish playing.

Improve lighting.

- Place **night lights** in hallways, bathrooms, and bedrooms.
- Keep **flashlights** in easy-to-reach places in case of a power outage.
- Open curtains during the day to let in **natural light**.

Secure floors and stairs.

- Remove or fix loose **rugs**. Use non-slip backing or double-sided tape to hold them in place.
- Wipe up **spills** immediately.
- Check your **stairs**. Ensure you have sturdy handrails on both sides.
- Put **colored tape** on the edges of your stairs to make them easier to see.

Make the bathroom safer.

- Use **non-slip mats** inside and outside your tub or shower.
- Install **grab bars** near the toilet and in the shower.
- Keep items like toilet paper, shampoo and towels within **easy reach**.
- A **shower chair** inside the tub provides a sturdy place to sit.

Choose the right footwear.

- Wear **shoes or slippers** that support your feet and have non-slip soles.
- Avoid wearing only **socks** on smooth floors, which may cause you to slip.

Organize for easy access.

- Place **everyday items** on lower shelves so you do not have to climb or reach high.
- Use a **step stool** with handles and wide, non-slip steps if you need to reach something.
- Keep a **phone or emergency button** near you on every floor of your home.

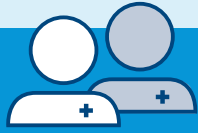
Remove trip hazards outside.

- Repair uneven **walkways** or loose **steps** outside your home.
- Keep **porches, patios and driveways** well-lit.
- Clear away **clutter, leaves or trash** that could cause you to trip or slip.



Remember: A safe home benefits everyone, no matter their age. Small changes today can prevent serious injuries tomorrow.

Continued on back...



We are here to help with therapy and wellness services

Ochsner Medical Center offers therapy and wellness services to help you. Ask your primary care provider if therapy is right for you.

You can also visit an Ochsner Therapy & Wellness center for more information. Learn more at ochsner.org/therapy-wellness or scan this code with your phone's camera.



1-866-OCHSNER | ochsner.org