



Farewell to Falls

Did you know over 50% of falls happen at home? Stay safe by taking simple steps to reduce your risk.

Tips for Safeguarding Your Home

- Remove rugs, which can slip or buckle, or adhere them to the floor with non-skid carpet mats.
- Get a raised toilet seat to make getting on and off easier.
- Install handrails on both sides of stairs for more stability.
- Move regularly used items to lower shelves within easy reach.
- NEVER use a towel rack for support.
- Make sure step stools have a bar to hold onto. Never use a chair as a step stool.

Additional Safety Tips

Exercise Regularly

Activities such as walking and tai chi can help improve balance, strength, and coordination. Wear shoes with low heels and good traction.

Check Your Vision

Be sure to get your annual eye exams.

Review Medications

Check with your pharmacist to see which medications may cause drowsiness or have side effects that may cause falls.

Reduce Your Risk of Falling by Enrolling in the Farewell to Falls Program

Let our occupational therapists come to you to assess risk factors for falls and recommend exercises to help improve your balance. Available for Santa Clara or San Mateo County residents aged 65 years or older. Call **650-724-9369** or email **Farewelltofalls@stanfordhealthcare.org** for more information.

Contact Us

Stanford Health Care Trauma Center
300 Pasteur Drive, Stanford, CA 94305
stanfordhealthcare.org/fallprevention

continued on back »

Home Safety Checklist

Take the time to inspect your home for the following:

	Yes / Good	No / Needs Repair	Doesn't Apply
ENTRANCES			
How are the steps? Do they have a secure railing?			
Is the entrance well lit?			
LIVING ROOMS AND BEDROOMS			
Can you turn on the lights upon entering the room?			
Are phone and extension cords away from areas where you walk?			
Are the floors clear of clutter, shoes, and pet toys?			
Are throw rugs securely adhered to the floor with non-skid carpet mats?			
KITCHEN			
Is the floor clear of clutter?			
Are items within reach without using a step stool?			
Does your step stool have a bar to hold onto?			
BATHROOMS			
Is there a night light?			
Does the shower or tub have non-skid surfaces (mat, decals, or strips)?			
Are the floors kept dry and free of clutter?			
Does the bathroom rug have a non-skid backing?			
Is your toilet seat raised so you can get on and off easily?			
STAIRWAYS AND HALLWAYS			
Is the stairway lit from the top and bottom steps?			
Is there a handrail and is it solid and sturdy?			
Are the steps in good condition?			
Are the stairs clear of small rugs, runners, and clutter?			
OUTDOOR AREAS			
Are the surfaces on the walkways and driveways even?			
Are the hoses looped on a reel?			
Do the stairways have handrails?			
Is there sufficient lighting to provide safe walking at night?			



Stanford
MEDICINE

Health Care