

Fall Prevention Checklist

Live a Full Life - Inside and Outside Your Home

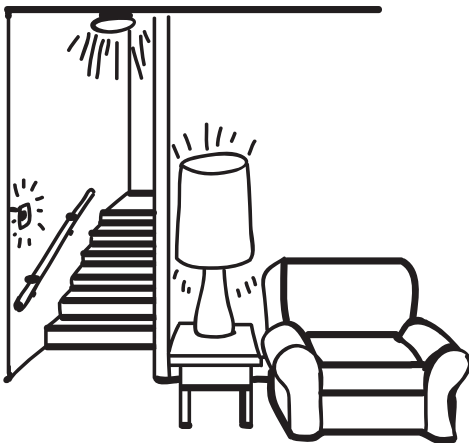


Did you know that every day in the United States 5,000 adults age 65 and above are hospitalized due to fall-related injuries?

CDC National Center for Injury Prevention and Control

Common fall risks include:

- fallen before
- balance problems
- muscle weakness
- problems walking
- arthritis
- depression
- memory problems
- hazards in the home
- taking many medications
- vision problems



Stay healthy, independent, and strong by following these easy steps:

Find out your fall risk

- ✓ Talk with your doctor about your fall risk, especially if you have any of the risks listed to the left

Review your medications

- ✓ Bring all your medications to your pharmacist or health professional at least once a year
- ✓ Ask about any side effects and ways your medications may affect each other

Have your vision checked

- ✓ Have an eye doctor check your vision and eyeglass prescriptions each year

Engage in regular physical activity

- ✓ Ask your doctor what types of activities are best for you
- ✓ Make an activity plan that fits with your interests and what you are able to do
- ✓ Do exercises that improve lower body strength and balance

Check your home and make changes for safety

- ✓ Use a home safety checklist or get a referral from your doctor for a professional (such as an occupational therapist) to check your home for fall risks
- ✓ Remove clutter
- ✓ Improve lighting in rooms, hallways, and stairwells
- ✓ Install grab bars and handrails inside and outside the home
- ✓ Consider placing a phone in every room and/or getting a telecommunication emergency alert response system to use in case of a fall

The Home SAFE Project is pleased to provide this fact sheet as part of its efforts to increase home safety awareness and activities in Los Angeles County.

RESOURCES

Eldercare Locator

Free one-stop referral resource for aging-related services in each community

www.eldercare.gov | (800) 677-1116

Fall Prevention Center of Excellence, University of Southern California

Information and resources on falls and how to reduce fall risks

www.stopfalls.org | www.homemods.org

***Did you know...
renters are allowed to
modify their home
under the Fair Housing
Amendments Act?***

Jewish Family Service-Los Angeles, Home Secure, Health and Fitness Centers

Home modifications for adults age 62+ in Los Angeles, Burbank, Culver City, Beverly Hills
Exercise equipment and classes for older adults to improve balance, strength, and fitness

www.jfsla.org

(323) 937-5855 (Home Secure) | (323) 933-0791 (Eichenbaum Health and Fitness Center)
(818) 984-1380 (Valley Storefront Fitness Center)

Los Angeles Department of Public Health, Environmental Health

Information and fact sheets on falls and how to reduce fall risks

http://publichealth.lacounty.gov/ivpp/injury_topics/falls/falls_home.htm

Mexican American Opportunity Foundation, Home Secure, Handyworker

Free safety devices and home modifications for adults age 62+ in the city of Los Angeles
Free minor home repairs for income-eligible home owners age 62+

www.maof.org | (323) 313-1631 (Home Secure)
(323) 267-4333 (Handyworker)

Rebuilding Together Southern California

Home modifications and repairs to make homes safer for income-eligible home owners

www.RTSocal.org | (949) 278-2911

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