



## Expert Advice: Family & Children's Agency Home Care Services for Seniors How to Prevent a Fall

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Both the physical limitations of aging and increasing impact of medical conditions play a decisive role in whether a senior can age successfully at home. According to the Center for Disease Control (CDC), each year, one out of every three people ages 65 and older will experience a fall, and over two million are treated in emergency departments. Although the threat of a fall is real, there are several preventative measures that older adults and their caregivers can take to prevent a fall from occurring.

- 1) Keep your home free of clutter. Hallways should be wide and easy to navigate.
- 2) If you use throw rugs, make sure to put skid-proof backing on them.
- 3) Always wear shoes, and never walk around your home in stockings or socks as it is easier to slip.
- 4) Remove fall hazards, such as electrical cords, from your pathways.
- 5) Make sure railings on steps and stairs are sturdy and do not feel wobbly.
- 6) Install sound activated lamps and lights.
- 7) Install grab bars in the bathroom for both the tubs and toilets.
- 8) Use a reach grabber to retrieve items out of your reach.

The goal for every senior is to age gracefully in their own home. Speak to your doctor or local senior service provider about other strategies to improve the conditions in your home to accommodate your needs. Many changes are simple, easy to install and inexpensive. Taking these precautions now will provide you and your loved ones with peace of mind.

Family & Children's Agency is your local nonprofit trusted advisor on senior services. Because we are a nonprofit, we offer services on a sliding scale and our in-house social worker and registered nurse tailor our services to meet your needs. We offer a Personal Alert emergency response system, live-in services, homemakers, Home Health Aides, carpentry and home modification, and assisted transportation. Visit [www.FamilyandChildrensAgency.org](http://www.FamilyandChildrensAgency.org) or call (203) 855-8765 to learn more.