

Bathroom Safety

Devices to help:

- grab bars
- raised-toilet seat
- shower chair
- non-slip mats
- handheld showerhead



Safety Tips:

- Regular cleaning
- Assistance from family
- Bathing aids (foot scrubber, long-handled loofah, etc.)

Exercise is key!

Exercise Ideas:

- walking
- biking
- yoga
- gardening
- stretching

Community Resources:

- SSU Golden Bears
- Silver Sneakers
- YMCA Life Center
- Nightingale Yoga



Facts about Falls

- 1 in 4 Americans, aged 65+, fall each year.
- Falls are the leading cause of fatal injury.
- Women are more prone to falls than men.
- 1 in 5 falls result in serious injury and account for 95% of hip fractures.



Kitchen Tips

- Keep counters clear of any sharp objects
- Keep commonly used objects at chest level

Stair Tips

- Add handrails
- Consider moving living space to one floor

Laundry Tips

- Keep floor clean of loose clothes
- Consider using a laundry basket to conserve energy



Out and About!

- Use handrails
- Watch for cracks and uneven surfaces
- Wear shoes with good tread
- Allow time for yourself to navigate without being rushed
- Use the curb cuts to prevent tripping
- Wear sunglasses to prevent glare
- Monitor your energy level and go out at times when you feel energized



Getting up from a fall:

- Don't get up too quickly!
Call for help.
- Roll onto your side.
- Slowly get on your hands and knees
- Use sturdy furniture to push up with both hands.
- Sit and take a break to make sure you are okay and decide if you need to call 911.

