

## Home Safety Tips: Fall Prevention

As we age, the risk of falls increases, which is why it's important to be prepared. Whether you plan to age at home, or in a Life Plan Community, make sure you have the proper equipment and your environment is free of hazards so you can continue to lead an active, independent lifestyle. View our home safety tips below:



- **Secure tripping hazards:** Loose cords, area rugs and other clutter can be a tripping hazard for anyone. Be sure to remove clutter and secure cords and rugs so you or your loved one can move around freely. Housekeeping services, which are often included in a Life Plan Community, can help keep your space clean.
- **Stay Organized:** Organize your living space so that the things you use most often are easy to reach. If you or a loved one needs something that is out of reach, make sure you have a sturdy stool with a handrail or a grab stick. Or, look into home care services that can assist with these everyday tasks along with things like medication management or meal preparation.
- **Invest in equipment and technology:** Life Plan Communities will have most of these features in place, but, if you are aging at home, make sure to invest in some or all of the following equipment to help prevent falls and make it easier to get around.
  - Install handrails in the stairways and non-slip mats on the stairs.
  - Install grab bars in the shower and next to the toilet, have a non-slip mat or a bath seat in the shower.
  - Make sure to have nightlights around the home.
  - Wear sensible shoes that are easy to walk in. Use a cane or walker if needed.
  - An emergency response system, mobile phone, smart home device, or smartwatch can be good things to have on hand to call for help if an emergency occurs.
- **Stay physically active:** Staying active improves strength, balance, coordination and flexibility, reducing the risk of falls. Check out the fitness classes and amenities available at a Life Plan Community, or simply go for a walk around the block.

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Call 301-355-2801 or visit: [www.thevillageatrockville.org](http://www.thevillageatrockville.org)

*The Village at Rockville is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.*

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- **Talk to your doctor:** Make sure your doctor knows about any medications you are currently taking as those can sometimes affect balance and stability. An occupational therapist can also help with fall prevention strategies.

To learn more about our Life Plan Community, contact The Village at Rockville—A National Lutheran Community at **301-355-2801**.



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