80 WAYS TO REDUCE FALLS

LeadingAge Midwest
Illinois · Iowa · Missouri

Environmental & Home

1. Remove throw rugs
2. Secure area rugs with non-slip backing
3. Eliminate clutter from walkways
4. Keep electrical cords from walkways
5. Install grab bars in the bathrooms
6. Add handrails to both sides of stairs
7. Improve lighting
8. Use motion-sensor nightlights
9. Repair uneven or loose/broken flooring
10. Remove loose floor boards
11. Install non-slip flooring in bathrooms
12. Use contrasting colors on stair edges
13. Keep commonly used items within reach
14. Avoid storing items on high shelves
15. Ensure furniture placement allows a clear walking path
16. Remove low furniture that creates a tripping hazard
17. Install ramps where appropriate
18. Mark thresholds with contrasting tape
19. Keep outdoor walkways level
20. Promptly remove snow and ice from entrances

Vision & Hearing

1. Schedule annual vision exams
2. Ensure eyeglass prescriptions are current
3. Clean eyeglasses regularly
4. Improve lighting with visual impairments
5. Address cataract concerns as appropriate
6. Encourage use of hearing aids if necessary
7. Check hearing aid batteries regularly
8. Conduct hearing screenings
9. Reduce background noise when giving instructions
10. Use large-print signage when necessary

LeadingAge Illinois/Iowa acknowledges the use of CoPilot to assist in drafting this document. The AI was employed to generate the initial content suggestions.

Footwear & Mobility

1. Wear properly fitting shoes
2. Avoid slippers without backs
3. Replace wornout footwear
4. Use non-slip shoe soles
5. Assess for the need of assistive devices
6. Ensure current assistive devices are correctly fitted
7. Replace worn walker/cane tips
8. Educate on proper adaptive device use.
9. Encourage adaptive device use consistently
10. Use walker trays to aid in carrying items

Exercise & Strength

1. Attend balance training classes
2. Implement Tai Chi programs
3. Encourage daily walking
4. Provide lower-extremity strengthening exercises
5. Promote chair exercise programs
6. Encourage core-strenghtening activities
7. Incorporate flexibility exercises
8. Provide individualized exercise plans
9. Offer aquatic exercise programs
10. Assess mobility regularly

Medication Management

1. Conduct routine medication reviews
2. Identify dizziness as adverse effect
3. Report dizziness promptly
4. Review psychotropic medication use
5. Monitor for orthostatic hypotension
6. Educate on medication side effects
7. Simplify schedules when possible
8. Review over-the-counter medications
9. Assess for medication interactions
10. Monitor changes after new medications

Clinical Assessment & Monitoring

1. Complete fall-risk assessments
2. Reassess after a fall
3. Screen for osteoporosis
4. Monitor for orthostatic hypotension
5. Evaluate gait abnormalities
6. Assess for neuropathy
7. Identify muscle weakness
8. Monitor hydration status
9. Address urinary symptoms
10. Screen for depression
11. Evaluate sleep quality
12. Assess for dizziness or vertigo
13. Monitor chronic disease management
14. Investigate unexplained weight loss
15. Conduct post-hospitalization fall risk

Technology & Innovation

1. Personal emergency response system
2. Wearable fall-detection devices
3. Bed-exit monitoring systems when appropriate.
4. Smart-home lighting technology
5. Track falls and near misses