



## *ComForcare Mission*

To improve the quality of life and level of independence for every client and family receiving our services.

**ComForcare Senior Services**  
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FALL PREVENTION FOR SENIORS

# *ComForcare* *Senior Services*<sup>®</sup>





Most seniors report that falling is, understandably, of great concern. As a person ages, physical changes to eyesight, balance, muscle tone and bone structure make falling and sustaining a serious injury more likely. ComForcare<sup>SM</sup> caregivers are trained to safeguard you from the risks of falling, and that enhances confidence and helps you maintain your healthy and independent lifestyle at home.

Preventing a fall can be a simple matter of taking some basic steps to minimize the risks. With the help of ComForcare, review the following safety practices and take a good look around your home to be sure it's as safe as can be!



- ❑ Review medications with your doctor or pharmacist to find out if they may cause dizziness.
- ❑ Monitor alcohol intake. More than two drinks per day can cause unsteadiness and contribute to falls.
- ❑ Have your hearing and eyesight tested regularly.
- ❑ Exercise to improve muscle flexibility and strength.
- ❑ Place a lamp or light switch within reach of your bed and use night-lights where needed.
- ❑ Place light switches at both ends of stairways and halls to avoid walking in the dark.
- ❑ Install hand-rails on both sides of stairs.
- ❑ Add grab bars in shower, tub and toilet areas and place non-slip adhesive strips or a non-slip mat in the shower or tub.
- ❑ Keep outdoor walkways clear and well lit. Remove snow and ice from entrances and sidewalks.
- ❑ If you feel dizzy or light-headed, sit down or stay seated until your head clears. Always stand up slowly.
- ❑ Consider sitting on a bench or stool in the shower and using an elevated toilet seat.
- ❑ Wear non-slip, low-heeled shoes or slippers that fit snugly.
- ❑ Remove all extraneous clutter to avoid tripping. Keep telephone and electrical cords out of pathways.
- ❑ Make sure all flooring lies flat. Remove or replace rugs or runners that tend to slip, or attach non-slip backing.
- ❑ Use canes, walkers or other helping devices as needed.
- ❑ Don't stand on a chair to reach things. Use step stools with high, sturdy hand rails. Store frequently used objects where you can reach them easily.

Contact ComForcare today and find out more about our uniquely trained caregivers. Call our office or visit our web site at [www.ComForcare.com](http://www.ComForcare.com).

**Phone: 800.886.4044**