

Preventing Falls (Adult)

Some people are more at risk of falling than others are. You might be more likely to fall if you have:

- A history of falls
- Had recent surgeries or fractures
- A diagnosis that affects balance (such as cerebral palsy, seizures, brain injuries, developmental delays, etc.)
- Had sedation for a procedure
- Intravenous (IV) lines, drains or other tubing

Prevent Falls at Home By:

- Reducing floor clutter
- Keeping stairs clear of clutter
- Installing handrails on both sides of stairs
- Securing area rugs
- Having proper lighting
- Being aware of spills or wet surfaces
- Being aware of family pets underfoot
- Using slip-resistant mats or stickers in bath tubs or on the shower floor
- Installing grab bars in bathrooms (in the bath tub/shower and near toilet)
- Locking brakes before transferring in or out of a wheelchair
- Wearing non-slip footwear
- Using a seat belt while in a wheelchair

Prevent Falls Outdoors By:

- Watching for uneven surfaces
- Watching for slippery or wet surfaces
- Being aware of curbs

Discuss any questions or concerns about the risk of falling with your health care provider.

Make An Appointment

[651-290-8707](tel:651-290-8707)

Refer a Patient

[651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).