



Fall Prevention

Falls can cause serious injuries. Simple changes in your home and daily routine can reduce your risk.

Keep this handout for reference. Your 123 GA Home Healthcare staff may review this topic with you and provide a printed copy. This website/PDF copy is available for you and your caregiver to review again at any time.

Make Your Home Safer

- Keep walkways, stairs, and floors clear of clutter, cords, loose rugs, and other trip hazards.
- Use good lighting, especially in hallways, bathrooms, bedrooms, and stairs.
- Use handrails and grab bars where recommended. Keep frequently used items within easy reach.

Move Safely

- Stand up slowly from a bed or chair and pause before walking if you feel dizzy.
- Wear well-fitting, non-slip footwear.
- Use your walker, cane, wheelchair, or other mobility device exactly as instructed.
- Ask for help with transfers, bathing, stairs, or walking when needed.

Reduce Other Risks

- Tell your healthcare provider if you have dizziness, weakness, vision problems, balance problems, or a recent fall.
- Ask your healthcare provider or pharmacist whether any medicines may increase dizziness or sleepiness.

If You Fall

- Do not rush to stand. Check yourself for pain or injury and call for help.
- Call 911 for a serious injury, severe pain, inability to get up safely, loss of consciousness, or other emergency symptoms.

Important: This handout is general education and does not replace your physician's orders, medication instructions, emergency plan, or individualized Plan of Care. Follow the instructions given specifically to you. For a medical emergency, call 911.