

# REDUCE YOUR Fall Risk

Think about activities you will perform that may increase your fall risk or cause you difficulty. Also consider how you and your coach plan to address them. Your occupational therapist or physical therapist can help you address questions or concerns in this area.

## Eliminate Hazards

Remove throw rugs, cords, clutter, spills, and sharp or fragile objects. Perform home repairs ahead of time, and arrange assistance for yard work or snow removal.

## Use Safety Equipment

Repair or add rails on stairs. Install grab bars, non-slip mats, handheld shower head, and shower transfer bench in the bathroom. For toilet needs, obtain a bedside commode or toilet riser.

## Ensure Good Lighting

Place nightlights where light switches are not immediately within reach. Visit your optometrist before your surgery and have your glasses prescription updated, if needed.



## Improve Organization

Before your surgery, arrange frequently used items to be readily available and within easy reach. If necessary, move furniture so pathways are clear. Use taller, sturdy furniture that is easier and safer to stand and sit from.

Have assistance planned with your coach before surgery for more difficult tasks such as stairs and bathing the first few times.