

FIVE THINGS YOU CAN DO TO PREVENT FALLS

1. Begin an exercise program to improve your leg strength and balance
2. Follow your prescribed rehabilitation and wellness plan
3. Ask your doctor or pharmacist to review your medicines with you
4. Get your annual eye exam and update your eyeglass prescription
5. Follow an Americans with Disabilities Act (ADA) home safety checklist

ADA Home Safety Checklist	
<input type="checkbox"/>	Remove clutter and tripping hazards
<input type="checkbox"/>	Provide railings on all stairs
<input type="checkbox"/>	Equip tubs and showers with strong hand rails
<input type="checkbox"/>	Provide non-slip surface to tub basin
<input type="checkbox"/>	Provide adequate lighting to all stairs and hallways
<input type="checkbox"/>	Furniture is placed to allow free passage
<input type="checkbox"/>	Rugs are fastened or laid on nonskid pads
<input type="checkbox"/>	Light switch or lamp is within reach from bed
<input type="checkbox"/>	Lights are turned on before reading medication labels

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