

Home SAFE Initiative



6. Talk to Your Family Members

The following checklist can help older adults stay at home safely:

- Assure him that falling is not a normal part of aging and that most falls can be prevented.
- Include your loved one in decisions about changes to her home. There are many simple and inexpensive changes that can significantly reduce the risk of falls
- Promote good nutrition and hydration.
- Encourage appropriate use of assistive devices.
- Medications and the proper dosages should be reviewed often.
- Help your loved one remain physically active. Any type of movement helps, from simply lifting your legs while you watch TV to taking classes for balance decrease falls. Discuss any exercise or activity with a doctor to ensure safety.
- Ask her doctor about inner-ear conditions and medication side effects.
- Make sure she has her vision checked regularly, that her glasses fit properly and that she wears them when she's active.

Falls Are Preventable.



Connect People to Opportunities

To learn more, visit
www.bho2020.org/home-safe
(910) 253-0699

