

You can prevent falls.

Human Touch Home Care is a registry of carefully screened caregivers who provide **non-medical** services such as:

- Personal care
- Light housekeeping
- Meal preparation and grocery shopping.

These services help those with physical and/or cognitive impairment, and for those recovering from illness or fracture.

An important part of our Mission is to empower our clients in their pursuit of safe, happy lives in their own homes. Falls can lead to injuries such as hip fractures that too frequently result in loss of independence, but you can take steps to prevent falls.

HUMAN TOUCH HOME CARE
P.O. Box 130
Flourtown, PA 19031
Address Correction Required

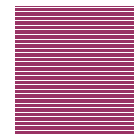
HUMAN TOUCH HOME CARE

...helping you remain in the comfort and security of your home.

FALL PREVENTION



Telephone: **215-233-0676**



Make yourself fall proof

Exercise: Improved muscle tone and balance can help prevent falls. Tai chi is especially good for enhancing your sense of balance. Consult your physician before starting a new exercise program.

Review medications with your physician and limit alcohol consumption: Many over-the-counter and prescription medications can cause dizziness. Alcohol can cause unsteadiness.

Check vision: Ensure that your vision is as good as it can be so that you can spot potential hazards.

Check hearing: Inner ear problems can disturb balance.

Dress for safety: Avoid long robes and coats. Wear low-heeled shoes with rubber soles.

Enjoy safe outings

Companionship: Let someone else be an extra pair of eyes when you go out.

Street smarts: Watch for uneven pavements and sidewalks.

Good timing: Plan to avoid crowded sidewalks at rush hour and lunch time.

Lighting: Walk in well-lit areas or schedule events for daytime.

Deliveries: Have packages delivered to your home, so you can keep your hands free while shopping.

Useful tools:

- Walker
- Cane (with pick during the winter)
- Low-heeled shoes with rubber soles or ice grips depending on conditions.
- Sunglasses to avoid glare

Make your home fall proof

Lighting: Make sure you have adequate lighting when you get up at night.

Tripping hazards: Remove all scatter rugs, toys, and other clutter, especially from stairs.

Useful tools: Use stair railings and bathroom grab bars. A rubber bath mat, shower stool, and raised toilet seat, add to bathroom safety. Use a cane or walker for stability. Have a basket added to your walker.

Reminder: Your physician can make a referral for a PT or OT to evaluate your fall risk in your home.

Talk over these suggestions with your family and physician to find out if they have additional suggestions for your safety.

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