

# DIY FALL PREVENTION

5 THINGS YOU CAN DO TODAY TO  
PREVENT FALLS AT HOME



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Welcome

My passion is Simple Healthy Aging.  
People today are living longer and longer.  
Take steps now to live those extra years with health and joy!

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# Why prevent falls?

## FALLS ARE COMMON

- Every second of every day, someone 65+ falls in the US
- More than 1 in 4 older Americans report falling to their doctor each year
- 70-80% of falls occur at home

## FALLS POSE SERIOUS HEALTH RISKS

- They're the leading cause of injury and injury-related deaths among Americans 65+
- Nearly 3 million visited emergency departments for fall-related injuries in 2021
- Falls are the primary cause of traumatic brain injury for adults 65+ and children 0-4

*I'm healthy and fit.  
Why worry about  
falls now?*

## PROCRASTINATION MAY BE COSTLY

- Falling even ONE time DOUBLES your chances of falling again
- Don't wait until you've fallen to prevent future falls

## MAKE YOUR HOME VISITABLE

- Your parents and older friends will enjoy visiting your home more
- Do you really want someone to fall on your property if you could have prevented it?

## STAY INDEPENDENT AND CONNECTED

- Falls and even the fear of falling can cause you to limit your activities
- Don't let yourself or anyone else you love risk additional problems with physical and mental aging





# DIY FALL PREVENTION

## 01

# DECLUTTER

*While there are many benefits to decluttering and simplifying your environment, the clearest reason to do so is that you eliminate tripping hazards. You want a clear path through your home AND in your garage or storage area.*

- Remove stacks of books and papers, especially those on the floor or stairs
- Remove or tape down extension cords that must cross the floor
- Pull out things from storage that you use frequently and put them at the front for easy access



02

# MAXIMIZE STAIR SAFETY

*Besides removing clutter from the stairs, there are other easy ways to make stairs safer.*

- Non-skid tape can provide more “grip” and is usually less slippery than carpeted stairs
- Contrasting color at the bottom of the stairs (like with a non-skid rug) offers a visual clue that a level floor is starting again
- Although not a DIY project, it’s vital to ensure there is a secure handrail that will support your weight on at least one side of the stairs

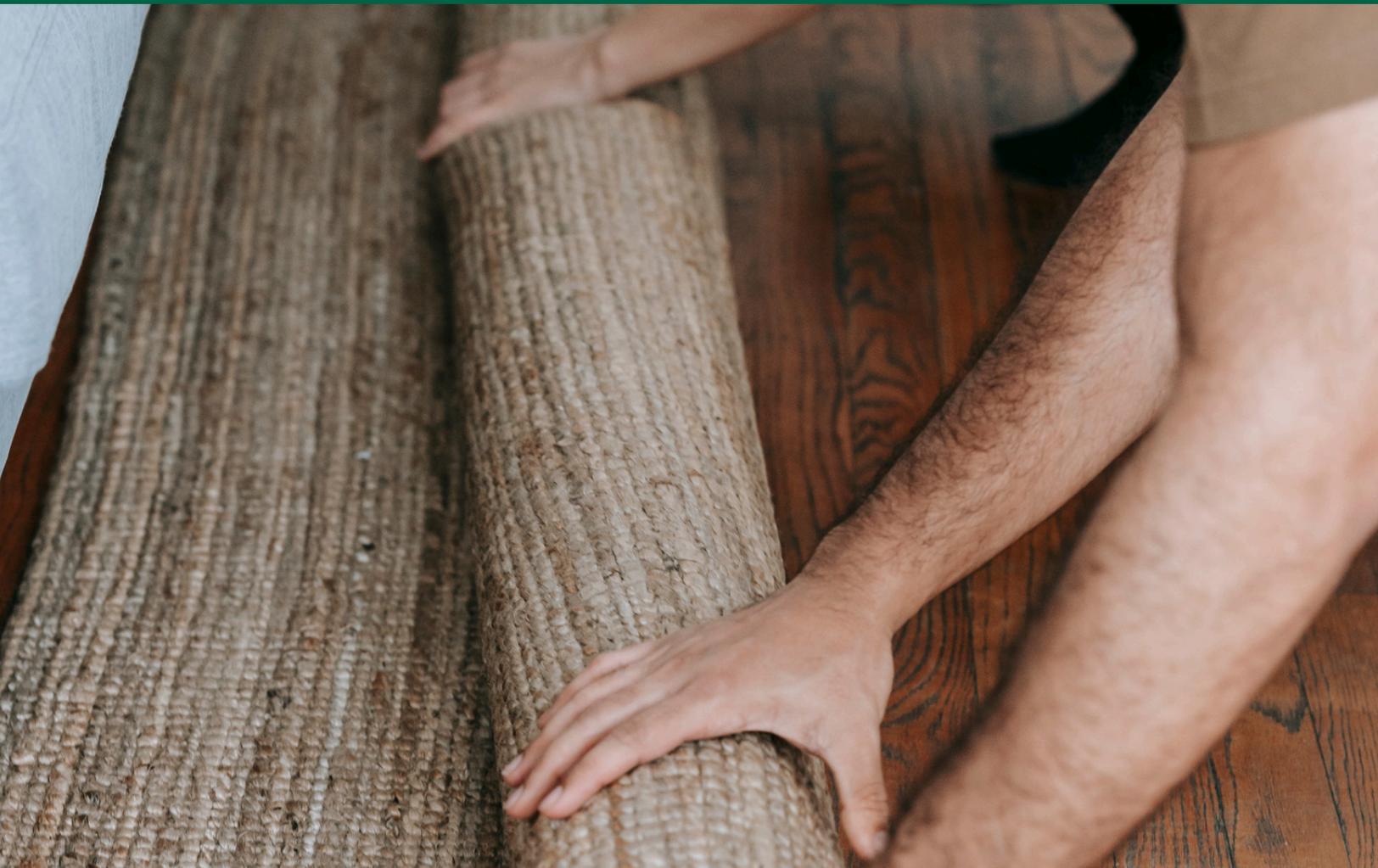
03

# THROW OUT YOUR THROW RUGS

If you must have a small rug at places like your entryway, ensure it has non-skid backing or is anchored with a non-skid rug pad.

Research shows that HALF of falls at home are associated with rugs and carpets.

Don't become a statistic!





# 04

## IMPROVE LIGHTING

*Our eyes need twice as much light at age 60 than they did at 20. In addition, as people age, they can develop cataracts and other conditions that impair their vision. While making substantive changes to lighting requires an electrician, you can improve lighting right away on your own.*

- Purchase and install motion-senso nightlights
- Use LED ropes and stick-on lights to give additional light in potential fall zones like stairs, closets and the bathroom
- Keep multiple flashlights with fresh batteries close at hand in case of a power outage.

# SLOW DOWN

# 05

Most falls happen when you're in a hurry. You don't focus on where you're walking, try to carry too many things, or step too quickly and catch a toe on something like a throw rug.

Train yourself to slow down and walk more deliberately. This is one of the best ways to prevent falls in and outside your home.



# SIMPLE HEALTHY AGING



Experts previously thought longevity depended mostly on genetics. But current research indicates that longevity depends mostly on your lifestyle choices.

I teach you how to live longer and better without reinventing yourself or upending your way of life. (Unless you want to, that is.)

**MAKE YOUR NEXT CHAPTER JUBILANT!**

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