

MY HOME

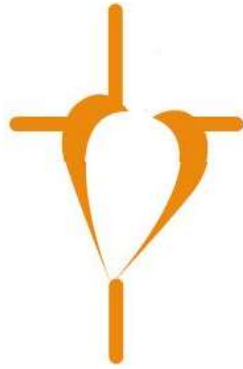
REDUCING FALLS RISK



An Easy Read Guide

*Produced By Melinda McCabe and Marie O'Sullivan, Physiotherapy Department
Daughters of Charity Disability Support Services, Dublin 17 February 2016*





This guide was developed to provide handy tips on how to reduce risk for falls within the home environment.

We'd like to thank the following for their contribution in the development of this easy read guide.

- ❖ Joan Behan, Bluebell, Sonas
- ❖ Chrissie Madden, Kinvara, CRS
- ❖ Sr Mary O'Toole, Services Manager, St Joseph's Centre
- ❖ Sonas Bungalows, St Joseph's Centre
- ❖ Community Homes Kinvara, Rushbrook, and Herbert Road
- ❖ Daragh Rodger, ANP St Mary's Hospital, Phoenix Park
- ❖ Anne Spencer, Educational Technologist PETAL

Contents

<u>Area</u>	<u>Page</u>
Entrances	3 - 4
Lighting	5 - 6
Living Areas/Kitchen	7 - 8
Bedroom	9 - 10
Bathroom	11 - 12
Clothing	13 - 14
Outside Spaces	15 - 16
Aids	17 - 18

For Further information, contact:
Physiotherapy Department Manager
Daughters of Charity Disability Support Services, Dublin
Telephone: 01 824 5453
Email: melinda.mccabe@docservice.ie

TO REDUCE RISK OF FALLS CONSIDER ENTRANCES



Entrance
Lights



Level Unbroken
Surfaces



Level Unbroken Stairs
Secure Handrails



Remove Papers



Cut Back Shrubs



Remove Leaves



Tidy Garden Hose



Tidy Bins

TO REDUCE RISK OF FALLS CONSIDER LIGHTING



Entrance
Lights



Hallway
Lights



Living Area
Lights



Kitchen
Lights



Stairs and Landing
Lights



Bedroom
Lights



Bathroom
Lights



Night Lights

TO REDUCE RISK OF FALLS CONSIDER LIVING AREAS/KITCHEN



Lighting



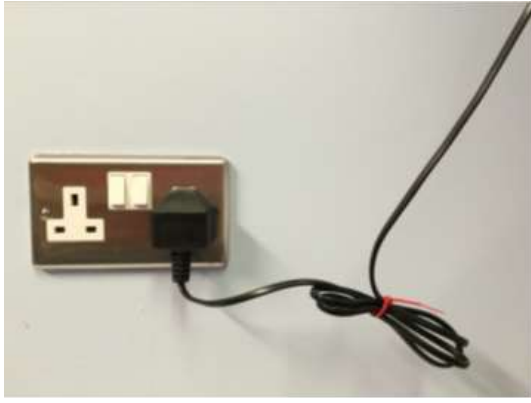
Proper Height Furniture



Clutter Free



Regularly Used Items
within Reach



Tidy Electrical Cords



Remove Trip Hazards



Clean Up Spills



Remove Throw Rugs

TO REDUCE RISK OF FALLS CONSIDER BEDROOM



Adequate
Lighting



Bed Height



Bed Wheels
Locked



Bedspread
Off Floor/
Clutter Free Space



Regularly Used
Items in Easy Reach



Remove Throw Rugs



Personal Items
Easy Reach



Night Light

TO REDUCE RISK OF FALLS CONSIDER THE BATHROOM



Lighting



Clutter Free/Tidy
Towels



Non-Slip Mat



Wipe Up Wet Floors



Personal Items
Easy Reach



Toilet Paper
Easy Reach



Proper Height Toilet



Grab Rail
Secure

TO REDUCE RISK OF FALLS CONSIDER CLOTHING



Trousers
Fit Well
and
Off Floor



Dressing Gown
Fits Well
Consider Zip/Buttons
and
Knee Length



Night Clothes
Fit Well
And
Off Floor



Supportive
Proper Fitting
Shoes and Slippers



Sole in Good Repair



Fasten Shoes
Firmly

TO REDUCE RISK OF FALLS CONSIDER OUTSIDE SPACES



Lighting



Level/Clear Access



Cut Back Shrubs



Remove Trip Hazards
eg newspapers, rubble,
uneven paths



Tidy Hose



Seasonal Hazards eg leaves, frost, snow, wet surfaces etc



Tidy Bins

**TO REDUCE RISK OF FALLS
USE AIDS AS RECOMMENDED AND
ARE IN GOOD REPAIR**



Orthopaedic Shoes



Insoles
(In Correct Shoe)



Walking Aids



Replace Rubber Tips
When Worn



Clean
Eyeglasses



Hearing Aid
Battery



Grab Rails
Secure



REACHER/GRABBER



LONG HANDLED SHOE HORN



ELASTIC SHOE LACES

Help With
Reaching