

Fall Prevention Checklist

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Talk with your Pharmacist about how your medications, even over the counter ones, can affect your risk of falling.

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Ask family or friends to check for and rid your home of fall hazards.

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Remove loose rugs.

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Eliminate clutter.

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Wind up electrical cords.

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Replace any burned out lightbulbs.

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Install nightlights throughout your home.

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Meet with an expert to make sure your walker or cane are adjusted correctly.

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Work with a Physical Therapist to develop balance and coordination, build strength and maintain flexibility.