

## Balancing Act

### Practical Things You Can Do to Create a No Fall Zone

Hints for Health from Elara Caring



#### Shoes



- ✓ Choose **low** heels, rubber or **non-skid** soles that tie or close with Velcro®.
- ✓ Check for **wear and tear**. Shoes with wear patterns or loose parts are dangerous! If your shoes are worn... it's time to go shopping.
- ✓ **Wear them!** Walking in socks, hosiery or slippers is risky.

#### Feet



- ✓ Pay attention to **loss of sensation, numbness or tingling**. Not only can these be symptoms of more serious problems, but greatly increases your risk of falling.
- ✓ Check feet for **sores, bruises or discoloration** - (use a mirror to see the bottom).
- ✓ Schedule an **appointment** with your doctor if concerned.

#### Pets



- ✓ Walk your pet in **familiar areas** with level ground.
- ✓ Place water, food bowls and toys **out of paths** and walkways.
- ✓ Attach a **bell** to your pet's collar so you are aware when they are nearby.

#### Ears



- ✓ Schedule regular hearing **exams**.
- ✓ Your **ears** play an often overlooked but important role in your balance.
- ✓ Schedule **cleanings**. Clearly hearing what is happening around you can alert you to dangers (animals, people, cars, etc.)

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## Practical Things You Can Do to Create a No Fall Zone



### Eyes

- ✓ Turn lights on... use a **night light** or **flashlight**. As we get older our eyes do not adjust as quickly to changes in lighting. Don't get stuck in the dark!



### Medication

- ✓ Some **medications** (or combinations of medications) can **cause dizziness**. Ask your physician or Elara Caring clinician to help assess the potential side effects of your medication regime. Something as simple as a medication change can increase your risk of falls in the days immediately following the change.



### Slow Down

- ✓ **Take your time** getting up after lying down or resting (from bed or chair). Rising too quickly may cause you to feel dizzy.
- ✓ Consider using a **bedside commode** or wearing protective undergarments if you often rush to the bathroom to avoid having an accident.



### Stop

- ✓ **Ask for help** or **wait** a few minutes if you feel dizzy. Do not try to get up by yourself. If you are often dizzy, talk to your physician or Elara Caring nurse.



### Glasses

- ✓ **Clean** them often. You can't avoid what you can't see!
- ✓ **Wear** reading glasses when reading.
- ✓ **Remove** reading glasses when not reading, especially when walking or climbing stairs.
- ✓ Schedule eye exams regularly so your prescription stays current.



### Work Smarter

- ✓ Use your **walker, cane** or other **assistive device** as prescribed both outside and inside your home. Keep them in good working order.
- ✓ Review the "**Home Safe Home**" Hints for Health checklist items.
- ✓ Conserve your energy. Ask for the "**Work Smarter... Not Harder**" Hints for Health resource.

Do you have questions or concerns?

We Can Help

[elara.com](http://elara.com)