



Fall Prevention checklist

At the Doctors Office

- Ask your doctor for a fall risk assessment.
- Ask your doctor to review your prescription and over-the-counter medications, and identify which ones might make you dizzy or sleepy.
- Ask your doctor about taking vitamin D supplements.
- Ask your doctor to recommend exercises that strengthens and improves your balance.
- Have your eyes checked, and update glasses and contact prescriptions if necessary.

At Home

- Buy slipper socks with non-stick threads to wear around the home.
- Put the things you use often within easy reach.
- Eliminate clutter from your home that you could trip over.
- Add grab bars inside and outside of your tub, and next to your toilet.
- Install handrails on both sides of the stairs.
- Increase the visibility in your home with more lights, and brighter bulbs.

Out and About

- Use a cane or walker to help you stay up in unfamiliar places, or places with uneven walkways.
- Take special care when walking over wet or icy surfaces.
- For those with bifocals or progressive lenses, get a special pair of glasses for outdoor activities that only has your distance prescription.

Submitted by:
[SingleCare Team](#)

Sources:

Centers for Disease Control and Prevention: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Cleveland Clinic: <https://health.clevelandclinic.org/falling-are-you-or-a-loved-one-at-risk/>

May Clinic: <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>