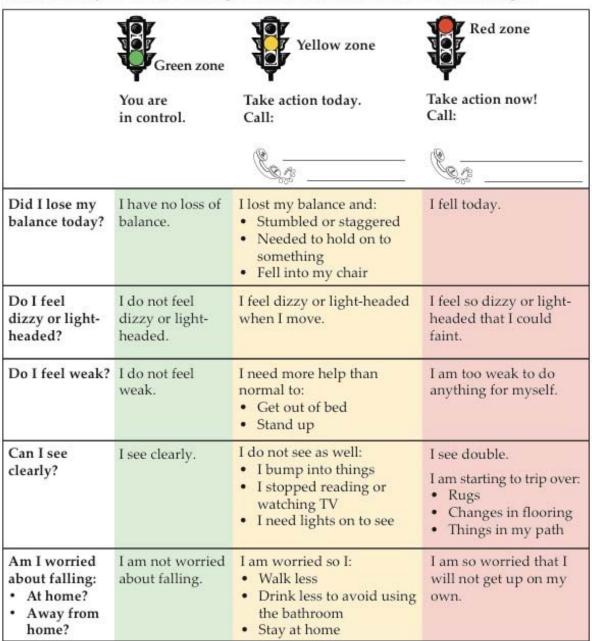
"Red Flags" Symptom Exacerbation: Falls Prevention Tool

Preventing falls at home

A fall is when you end up on the ground or at a lower level without meaning to.



Developed by the Sutter Center for Integrated Care, 2013. For permission to reproduce please email centerforic@sutterhealth.org.

My plan for preventing falls at home

Things I can do to prevent falling:

- Take my time and be aware:
 - □ Stand up slowly
 - ☐ Make sure I use my cane or walker correctly
 - □ Wear good-fitting shoes
- Make my home safe:
 - □ Remove things on the floor that may cause me to trip
 - □ Light up my path at night
 - □ Add grab bars and railings
- Stay healthy:
 - ☐ Ask my doctor for an exercise program
 - ☐ Have my eyes and ears checked each year
 - ☐ Eat healthy and drink water
- Talk to my care team or doctor:
 - ☐ Tell them if I fall or worry about falling
 - □ Speak up if my medicine makes me feel dizzy or light-headed
- Other ideas:
 - □ Consider a medical alert system

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.

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