

## Home Safety Tips:

- Remove all throw rugs.
- Remove cords from traffic areas.
- Avoid using slippery wax on floors.
- Avoid standing on ladders or chairs.
- Have railings on all stairs inside and outside the house.
- Leave a light on in your bathroom at night.
- Skid-proof the tub and make sure the bath mat has a non-slip bottom. Add grab bars.
- If possible, bathe only when help is available.
- Keep floors clean and uncluttered.
- Store heavier objects at waist level.



## Services available at Manitowoc Health & Rehab Center:

- Comprehensive Physical and Occupational Therapy evaluations and treatment.
- Home safety assessments to evaluate mobility at home; identify risk areas, and recommendations for a safer home environment.
- Use of ACP's "therapeutic modalities" to improve patient care, quality-of-life, and independence.
- Use of Nautilus exercise equipment for strength training.

**Manitowoc**  
Health & Rehabilitation  
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## Fall Prevention & Safety Tips



## Fall Facts:

One in three adults over sixty-five fall each year.

- Of those who fall, 20% to 30% suffer moderate to severe injuries that make it hard for them to get around or live independently.
- Older adults are hospitalized for fall-related injuries 5 times more often than they are for injuries from other causes.
- On average, the hospitalization cost for a fall injury is \$17,500.
- Hip fractures are the most frequent type of fall-related fractures.
- Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and loss of physical fitness, which in turn increases their actual risk of falling.

## Fall Risks:

The risk of falling increases with age and is greater for women than for men.

- 66% of those who fall will fall again within 6 months.
- A decrease in bone density contributes to falls and resultant injuries.
- Failure to exercise regularly results in poor muscle tone, decreased strength, and loss of bone mass and flexibility.
- At least 33% of all falls in the elderly involve environmental hazards in the home.
- Age-related vision diseases can increase the risk of falling.
- Sedatives, anti-depressants, and anti-psychotic drugs can contribute to falls by reducing mental alertness, worsening balance and gait, and causing drops in systolic blood pressure while standing.

## Fall Prevention:

Begin your fall prevention plan by making an appointment with your doctor.

- Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking or water workouts.
- Wear sensible shoes. Consider changing your footwear as part of your fall-prevention plan.
- Make your home safer.
- Keep your home brightly lit to avoid tripping on objects that are hard to see.
- Your doctor might recommend using a cane or walker to keep you steady.
- Ask your doctor if you would benefit from therapy services.