Stay Steady

Fall Prevention Starts at Home



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Every year, 1 in 4 adults age 65 and older experiences a fall, making falls the leading cause of injury among older adults.

The good news? Many falls are preventable with a few simple changes and the right support.

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Did You Know?

- More than 14 million older adults report falling each year.
- Falls result in approximately 3 million emergency department visits annually.

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Did You Know?

- About 1 million hospitalizations each year are related to falls.
- Falls are the leading cause of fatal and nonfatal injuries for adults 65 and older.

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Getting Around Safely



- Rollators vs. standard walkers
- Canes and proper cane height
- Walker accessories
- Wheelchairs for longer distances
- How to choose the right mobility device

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The Bathroom: Where Falls Happen

- Shower chairs/benches
- Tub transfer benches
- Grab bars
- Raised toilet seats
- Toilet safety frames
- Handheld shower heads
- Non-slip bath surfaces



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Getting In and Out of Bed

- Bed rails/assist rails
- Transfer poles
- Bedside commodes
- Nightlights



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It’s the Little Things

- Reachers
- Sock aids
- Long-handled shoehorns
- Dressing aids
- Compression

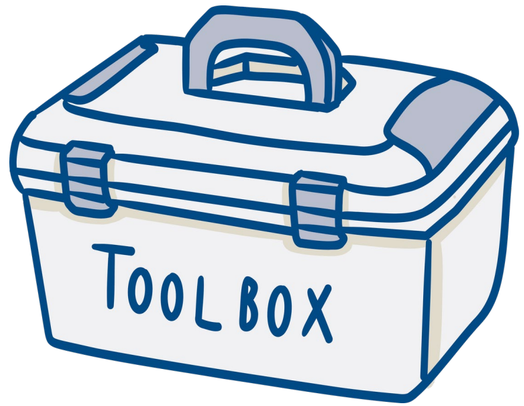


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CarePro: Your DME Toolbox

- What problem does it solve?
- Who might benefit?
- When should you consider it?



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THANK YOU!!

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