

Avoid Slips and Trips: Senior Fall Prevention

We all want the feeling of safety and security, especially when we're in our home. However, the risk of falls tends to go up as older adults age. In fact, the [Centers for Disease Control and Prevention](#) found that one out of four older people falls each year, many of which occur in the home.

Thankfully, falls don't always lead to injuries or serious issues. But those that do make it difficult for a person to get around, and falling once doubles your chances of falling again. The good news is there are precautions you can take to help prevent falls in your home - keep reading to learn more.

8 Fall Prevention Tips

1. Remove Tripping Hazards - The first thing you can do in your home is to clear walkways and remove tripping hazards. By keeping a tidy home, you're less likely to stumble on unexpected items laying on the floor. Also, make sure there is no loose carpet or floorboards.
2. Brighten Your Walkways - Install brighter lights to your home that will offer you better visibility. Be especially mindful of narrow hallways and stairwells and add night-lights to walking paths.
3. Use Assistive Devices - Beyond the traditional walker or cane that is beneficial for everyday use to get around, consider installing handrails and grab bars around your home. This way, if you begin to lose balance, you have something more stable to grab to catch yourself.
4. Stay Active - By maintaining a regular fitness routine, you are able to increase your strength and flexibility. Incorporating balance exercises, like yoga and Thai Chi, will also help maintain stability.
5. Wear Proper Footwear - Although you may not like wearing shoes in the house, finding a non-slip slipper or other comfortable shoe that securely fits on your feet will help decrease your chances of slipping.
6. Talk to Your Doctor - A discussion with your healthcare provider can seriously help you with fall prevention. Ask your doctor to check your vision, ask about any side effects with medications you are currently taking that could lead to a fall and talk about any additional preventative measures you can take for your unique circumstances.
7. Move Carefully - Sometimes, taking a moment to pause between movements

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can help you prevent a fall. Slow down and take your time when getting from point A to point B.

8. Ask for Help – Whether it’s moving certain items around your house or cleaning once a week, ask a family member or friend for help with activities where you could be at a higher risk of falling.

Learn More About the Healthy Lifestyle at The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, we encourage you to live a healthy lifestyle. We do this by offering our award-winning whole-person wellness program, [LivWell](#), which is a person-centered wellness plan. We help guide you to activities and amenities that can help you reach your goals. For example, if you’d like to do something to prevent future falls, we may encourage you to participate in activities like yoga and our signature Stand Tall Don’t Fall program. We also have a variety of spacious [apartment floor plans](#) that gives you the space you need to feel comfortable and safe in your home.

[Contact us today](#) to learn more and schedule a personal tour of our community.