



StayHealthy

Health Information from the Visiting Nurse Service of New York

10 Tips to Help Avoid Falling in Your Home

- 1 Wear shoes and slippers that have non-slip soles. Avoid wearing socks only – they might cause you to slip.



- 8 Be sure hallways and staircases are well-lighted. When walking up or down stairs, hold onto a handrail.

- 2 Consider installing handrails in your bathroom and non-slip strips or a rubber mat in your bathtub.



- 9 Store most frequently used items on low shelves within easy reach.

- 3 Consider using a hand-held shower head and handrails for support.



- 10 Consider using a cordless phone and an answering machine with caller ID so missed calls can be returned.



- 4 Don't leave any clothes, magazines, bags, or other objects lying around on the floor – you might trip over them.

- 5 Place loose electrical cords or telephone wires out of walking areas.



- 6 Prefer chairs with armrests – they're easier to get in and out of.

- 7 Remove or secure any loose rugs or mats.

Taking these steps can help reduce your risk of falling and help you live safely in the comfort of your own home.

— Ask the Nurse —

What is a Personal Emergency Response System?

A Personal Emergency Response System (PERS) is an electronic tool that you can use to get help in an emergency, particularly if you are alone. You carry or wear a transmitter that is connected to your telephone. If you need help, you press the help button and it calls pre-selected emergency numbers to get help. Most PERS are programmed to call an emergency response center that will manage the situation until the crisis is resolved.

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