

REHABILITATION CONNECTED

Penrose-St. Francis Rehabilitation



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penrosestfrancis.org/rehab

FALL PREVENTION TIP SHEET

Floors

- Avoid walking barefoot or in socks, wear shoes to avoid slipping and to protect your feet.
- Keep electrical and telephone cords and clutter (books, newspapers, clothing, etc.) out of the flow of traffic.
- Move furniture that may be in your path to avoid tripping.
- Use slip-resistant rubber matting to prevent rugs from slipping.
- Use double adhesive tape on edges of rugs to prevent tripping.

Reaching Overhead

- Move frequently used items to shelving within easy reaching distance.
- Use only sturdy step-stools or ladders when you must reach for high objects and do not over reach.

Bath

- Equip bathtub and shower floors with non-skid mats or adhesive strips.
- Consider grab bars in bathtubs, showers and near the toilet.

Stairways

- Check hand rails to assure they are securely fastened.
- Consider installing handrails in stairways.
- Check carpeted stairs regularly to assure it is securely fastened.

Lighting

- Be sure to have good lighting when walking around your home, especially in stairways.
- Consider keeping a nightlight in your bedroom.
- Have lamps within easy reach of your bed to turn on before to get up during the night.

Medications

- Certain medications can cause dizziness or drowsiness, so check with your doctor or pharmacist.
- Use caution before standing and pause in a sitting position to take deep breaths prior to getting up.

Emergency Information You Should Keep Near Your Phone

- Use 911 for life threatening emergencies.
- Phone numbers of utility, police and fire departments.
- Create and maintain an up to date **Portable Health Profile** for each family member that includes:
 - Names and phone numbers of your doctors and preferred hospital.
 - Names and phone numbers of family or friends you want to have contacted during an emergency
 - Allergies
 - Immunizations
 - **Current** list and dosages of all prescription and over-the-counter medications
 - Past medical history and surgeries and current diagnoses/conditions being treated
 - Listing of physical impairments or problems with vision, hearing, swallowing, speaking or understanding, walking or moving limbs
 - Health insurance information or copies of insurance cards
 - Copies of Living Wills, Durable Medical Power of Attorney or other Advanced Directives

For questions or further information, please call us at 776-5200.

