

HELP PREVENT FALL RISKS

The Indiana Fall Prevention Coalition aims to improve the well-being of older adults and at-risk individuals by reducing fall related injuries.



4 SIMPLE EXERCISES TO ASSIST IN REDUCING YOUR RISK OF FALLS



CHAIR LEG RAISES

1. Seated in a sturdy chair, hold onto the bottom of the chair with both hands.
2. Extend one leg straight out and bring your knee in toward your chest without moving your upper body.
3. Extend your leg back out and lower your foot to the ground.
4. Repeat with opposite leg. Complete 5 per leg daily.



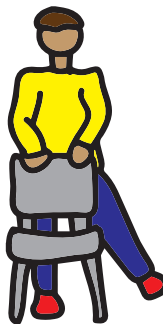
SIT TO STANDS

1. Seated in a chair with arms, brace yourself on the arms and push your butt up in the air using your legs as much as possible.
2. Slowly lower yourself back to a seated position.
3. Complete 3 times daily.



HEEL RAISES

1. Standing behind a chair, hold the back with both hands.
2. Position your feet hip-width apart.
3. Lift up on your toes and hold for 5 seconds.
4. Lower your heels back to the ground.
5. Repeat 10 times daily.



SIDE LEG RAISES

1. Standing behind a chair, hold the back with both hands.
2. Stand on one leg, while raising the other leg sideways.
3. Hold for 5 seconds.
4. Repeat with opposite leg. Complete 10 per leg daily.

These exercises are being given to help strengthen yourself against the possibility of falling. This is not to say you will never fall. Always be careful when exercising and do not over extend yourself beyond what you can handle. If an emergency should arise, get help immediately, or call 911.

HOME ASSESSMENT CHECKLIST

Below is a quick checklist to assess safety in your own home to reduce your risk of falls! Checklist can be done by the home-owner, family member, friend, or caregiver.



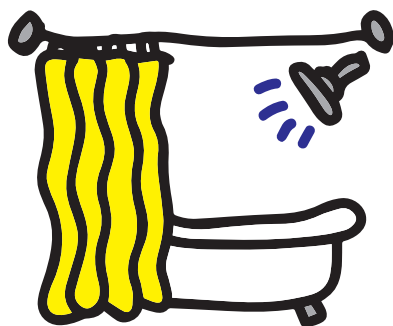
EXTERIOR

- Is there overgrown landscape in the walkways?
- Is there lighting over or near the entryway doors?
- Are there handrails at all entry steps?
- Are the handrails secure?
- Are there large cracks in the walkways?
- Are there broken or cracked steps?
- Are garage walkways wide enough to safely walk?



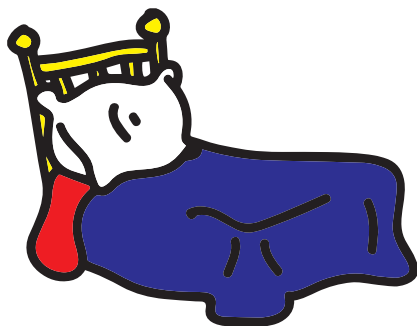
KITCHEN

- Are items that you use frequently easy to reach?
- Do all areas have adequate lighting?
- Are there throw rugs?
- Is medication store in an accessible location?
- Are step stools stored out of the walkway when not in use?
- Is the refrigerator hard to open or unstable?
- If you have pets, are food/water bowls clear of walkways?



BATHROOM

- Is the bathtub difficult to step over?
- Are frequently used items in the bathroom easy to access?
- Do bath rugs have non-slip backing?
- Is there a night light near the toilet?
- Are there slip resistant grab bars in the shower?
- Is the toilet low?
- Are there support devices on or near the toilet?



BEDROOM

- Is there a light switch you can reach in bed?
- Are items easy to reach in the closet?
- Is all flooring safely secured?
- Do you have access to a telephone while in bed?
- Is your bed too high or too low?
- Is there an easily accessible pathway around your room?
- Are there night lights illuminating a safe pathway?

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