



Your Fall Prevention Guide

This guide covers way you can make your home and habits safer. We're here to help you stay on your feet — and enjoy life to the fullest. Check off items as you complete them.

Fall-proof your home

Outdoor and indoor stairs

- ☐ Move any objects off the stairs
- ☐ Fix loose or uneven steps
- ☐ Make sure the stairs have good lighting. Change the light bulb if needed
- ☐ Install handrails on both sides of the stairs. Secure any that

Kitchen

- ☐ Get a “grabber” device to extend your reach
- ☐ If you use a stool, only use a heavy-duty kind with a strong center of gravity
- ☐ Never use a chair as a step stool

Living Room

- ☐ Move any furniture that you bump into regularly
- ☐ Secure or remove loose rugs
- ☐ Keep things like shoes, books or other tripping hazards off the floor
- ☐ Brighten low-lit areas with night lights or floor lamps

Bedroom

- ☐ Secure or hide cords that could be a tripping hazard
- ☐ Place lamps and light switches near your bed

Bathroom

- ☐ Use nonslip bathmats
- ☐ Install grab bars next to and inside the tub
- ☐ Install a raised, padded toilet seat with handles



Talk to your doctor



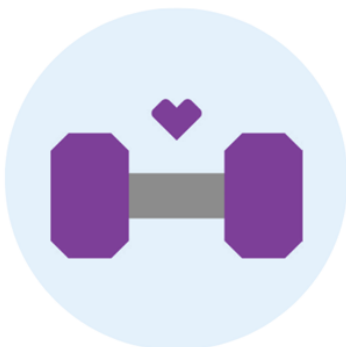
- ☐ Ask your doctor about a medication review. They'll check that your medicines aren't increasing your risk of falls.
- ☐ Ask your doctor to check how you walk. They can do this during your annual wellness visit.
- ☐ Get your blood pressure checked. If it's too low, you might feel dizzy when you stand up.
- ☐ Ask your doctor for other personal tips on how to prevent falls.

Get a vision exam



- ☐ Schedule a yearly vision exam. This will help make sure your eyesight is as clear as possible.
- ☐ If you notice any sudden changes to your vision, reach out to your doctor.

Exercise for better balance



- ☐ Build a regular exercise habit. It can help you get strong, improve your balance and reduce your risk of falls.
- ☐ Wear properly fitting, sturdy, flat shoes with nonskid soles

See these helpful habits to prevent falling.

Scan the QR Code using the camera on your smartphone or visit aetna.com/staysafe-qr to explore advice for health and home.

