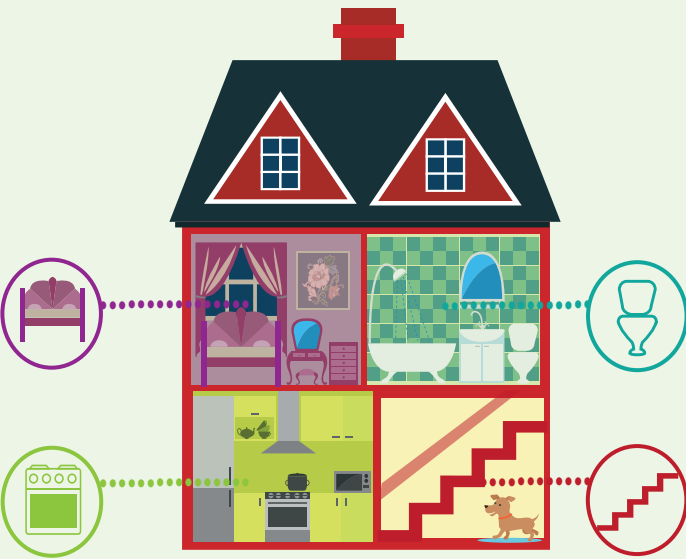


# Tips to Prevent Falling

## In your home

- **Bathroom:** Install grab bars in the shower and by the toilet; use shower mats with no-slip grip on the bottom.
- **Bedroom:** Install a night light; avoid tripping by using sheets and blankets that do not reach the floor.
- **Stairs:** Install hand rails; don't leave anything on steps.
- **Kitchen:** Store often-used foods and equipment on easy to reach shelves to avoid the temptation to climb up on a chair or step ladder.



## For your health



Have your  
**eyes**  
checked  
regularly.



**Track medication**  
and pay attention for  
side effects, especially  
dizziness and dehydration.



Have an  
**annual**  
**wellness visit**  
for a full physical.

## Exercise

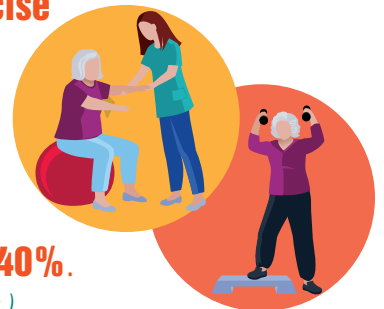


**Walk**  
every day  
if possible.

Use the  
**arm chair**  
**exercise**  
**videos**  
on our  
website.



If you are in Maryland, ask us about our  
**free Otago Exercise**  
**Program** which is  
recognized by the  
CDC and has been  
measured to  
**reduce the rate**  
**of falls by 35 to 40%.**  
*(Coming to Delaware soon.)*



Going above and beyond for you!

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