

# How to Create a Safer Home

A ROOM-BY-ROOM  
GUIDE TO ELIMINATE  
THE MOST COMMON  
CAUSES OF FALLS



# Philips Lifeline Falls Prevention Tip Book

**It's not possible to prevent every fall. But a majority of falls have easily avoidable causes.** Throughout this guide, you'll see a set of pictures of typical household rooms. The first picture depicts some common conditions that lead to falls. The second picture illustrates how these conditions can be improved to minimize the fall risk.

Spend some time going through the examples with your older adult patients to help them continue to live independently and confidently at home.

**PHILIPS**  
**Lifeline**



Day Bedroom  
PAGES 2-3



Living Room  
PAGES 4-5



Bathroom  
PAGES 6-7



Night Bedroom  
PAGES 8-9



Stairs  
PAGES 10-11





## Needs Improvement



**1** Narrow space between the bed and chair makes navigating to the doorway difficult.

**2** Shoes, loose rugs and other clutter create danger, especially in the dark or when taking the first few steps in the morning.

**3** Loose objects can easily be knocked off, creating a tripping hazard. They take up space that would better be used for a lamp and phone.

**4** Without a phone near the bed, getting up or rushing to answer the phone could lead to a fall.



## Much Better



1  
clear  
walkway

2  
trip  
hazards  
removed

3  
nightstand  
organized

4  
handy  
phone or  
Lifeline  
device

- 1 Without the chair in the way, the walkway to the door is now clear.
- 2 Shoes and slippers are moved out of the walking areas, reducing the risk of tripping. Rugs have been removed or secured to the floor with double-sided tape.
- 3 Newly uncluttered, the nightstand has room for necessities that must be accessed from bed.
- 4 Lifeline device capable of answering phone with the press of a button or a telephone is located within reach.





## Needs Improvement



**1** Baskets and craft projects left on the floor can easily get underfoot and cause a fall.

**2** Telephone cables or extension cords crossing open spaces are a tripping hazard.

**3** A loose rug is easy to trip over.





## Much Better



1  
no  
clutter

2  
cords  
safely  
stowed

3  
rug  
removed

1 Better-organized projects are placed off the floor and out of the walkways.

2 All cords are removed from walkways and stowed safely behind furniture. Telephones and other devices have been placed nearer to wall outlets.

3 Removing or securing rugs eliminates this frequent tripping hazard.





## Needs Improvement



**1** Using the toilet and entering & exiting the shower require unusual motions that result in many falls.

**2** Dim conditions can make navigation difficult at night.

**3** Unsecured bathmats can slide out from underfoot while entering or exiting the bath tub, resulting in a serious fall.

**4** Showering or bathing becomes more dangerous for older patients.



## Much Better

1  
secure  
grab bars

2  
nightlight

3  
bathmat  
removed

4  
assistive  
equipment  
in shower

- 1 Properly mounted grab bars ensure safer use of toilets and showers.
- 2 A light-sensitive nightlight turns on automatically when needed to increase visibility.
- 3 Either removing or using a non-slip bathmat eliminates this common cause of falls.
- 4 A sturdy shower seat reduces the risk of slipping and a hand-held shower sprayer on a hose eliminates the need to reach overhead.





## Needs Improvement



**1** Poor visibility at night can lead to falls.

**2** Walker is against the wall, and cannot be reached from bed to assist entry and exit.

**3** Electrical cords, charging cables and other wires can catch feet and cause a fall.

**4** Loose blankets on the floor create a tripping hazard.





## Much Better



1 appropriate nighttime lighting

3 safely stowed cords

2 accessible assistive equipment

4 neat bedding

- 1 A lamp within reach of the bed and a light-sensitive nightlight on the wall improves visibility at night.
- 2 The walker can now be reached from bed, reducing the risk of falls while entering and exiting.
- 3 Telephone, electrical and other cords are safely hidden behind furniture.
- 4 Keeping blankets and other items off the floor results in a safer room.





## Needs Improvement



**1** Without a handrail, even a slight slip can turn into a major fall.

**2** Loose items or unsecured rugs on stairs and landings increase the risk of falling.

**3** Shadows and dim conditions increase the risk of tripping or missing steps.



## Much Better

4  
secure  
handrail

2  
clear  
stairway

3  
bright  
lighting

1 Placed securely at the proper height, the handrail provides support while transiting up and down the steps.

2 Unobstructed stairs allow one's focus to be on navigating individual steps rather than stepping around household items.

3 Ceiling lights bathe the stairway in abundant light and are controlled by wall-mounted switches at the top and bottom landings.



## ASK YOUR PATIENTS:

# If you fall tonight, how will you get up?

### 1. PREPARE



Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.



Look around for a sturdy piece of furniture, or the bottom of a staircase. Don't try and stand up on your own.



Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.

### 2. RISE



Push your upper body up. Lift your head and pause for a few moments to steady yourself.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.

### 3. SIT



Keep the other leg bent with the knee on the floor.



From this kneeling position, slowly rise and turn your body to sit in the chair.



Sit for a few minutes before you try to do anything else.

THEN ASK THEM:

## If you can't get up, how will you get help?

Philips Lifeline can help you get assistance in case of a fall, medical emergency or other urgent situation in your home, even if you don't have a traditional telephone line.\*



### 1. Summon Help. Simply press your Lifeline Help Button.

If you have Lifeline with AutoAlert, you'll have an added layer of protection, as your AutoAlert pendant can automatically place a call for help if a fall is detected and you are unable to press your button.\*\*

**2. Hear a Reassuring Voice.** Your call will be directed to a Lifeline Personal Response associate who speaks your language or who is trained on our TTY service to assist people with hearing impairment.\*\*\* The associate will greet you and assess the situation.

**3. Know Help is On The Way.** The associate will quickly contact a neighbor, loved one or emergency services based on your specific needs, and follow up to make sure help has arrived.

## Referring Lifeline has never been easier!



(585) 335-4359



[www.lifelinereferrals.com](http://www.lifelinereferrals.com)

When you activate your Lifeline Referrals account, you can make patient referrals online and check the status of your patient referrals overtime.



### Also Available

Lifeline referral smartphone app available for download. All information you provide through the application is safe, securely encrypted, and will not be shared with any 3rd party organizations.



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