

ACTIVE NEWS

Falls Prevention

Here are some tips on how to be safe in and outside your home.

HOW TO BE SAFE OUTSIDE

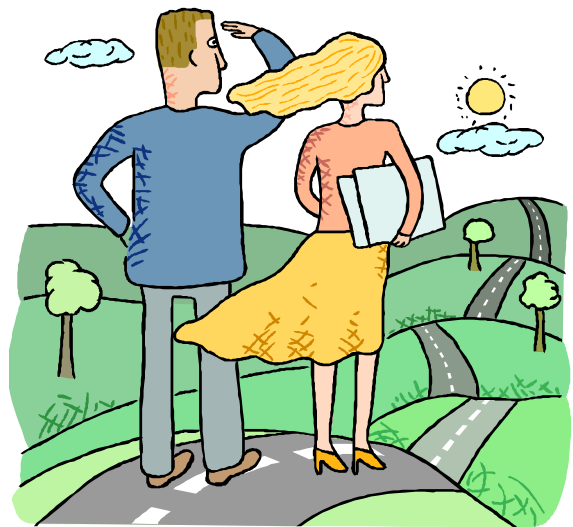
Keep sidewalks clear

Watch for snow and ice on pavements and entrance ways

Hold onto railings when using the steps

Walk where there is a lot of light so that you can see the sidewalks

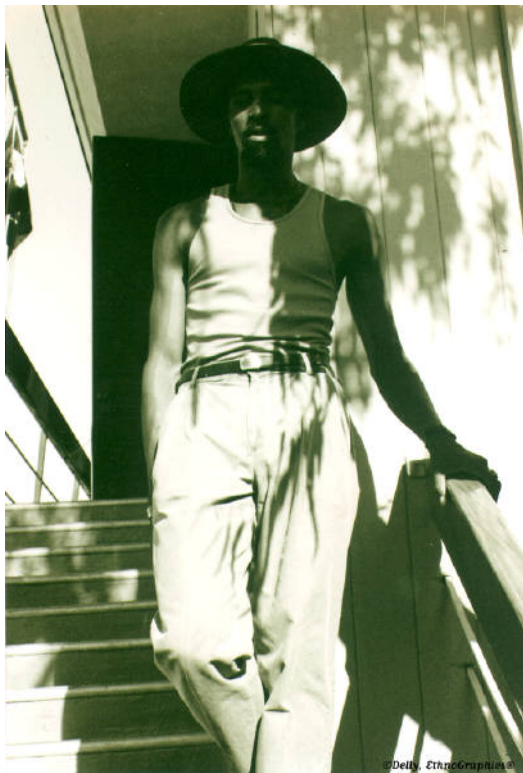
Walk at a slow and steady pace



INSIDE SAFETY

Make sure that floors are clear for walking

When using stairs, make sure there is no clutter on them



Turn a light on when using stairs and use the handrail

Ask for help when reaching for something high or out of reach
DO NOT USE A CHAIR !

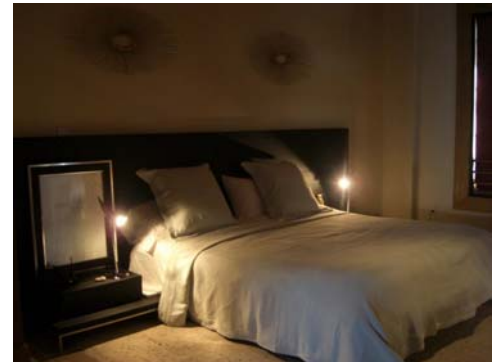
BATHROOM

Use non-slip mat or strips in tub or shower



KITCHEN

Move items closer that you use everyday



BEDROOM

Make sure the path from bed to door is clear and use a nightlight to help you

TIPS

Exercise regularly to make you stronger and improve your balance

Keep a flashlight handy

Have vision checked once a year

Get up slowly if you are sitting for a long period of time



Philadelphia Coordinated Health Care (PCHC)

Southeast Regional Health Care Quality Unit

123 S. Broad St., 22nd Floor

Philadelphia, PA 19109

(215) 546-0300

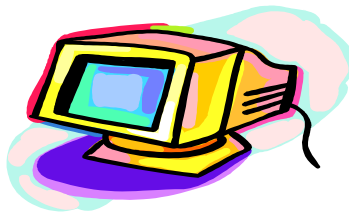
Extension 3685

A Core Program of



Funding provided by Philadelphia Department of Behavioral Health and Mental Retardation Services, the Bucks, Chester, Delaware and Montgomery County Offices of Mental Retardation and the Office of Developmental Programs, Pennsylvania Department of Public Welfare.

VISIT OUR WEBSITE AT



www.pchc.org

This is the second edition of PCHC's newsletter, *ACTIVE NEWS!*

Suggestions, comments or ideas for future articles are welcomed.

Please call 215-546-0300, extension 4545 and leave a message.