

# Preventing Falls

A Guide for Providers to Educate Patients



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Falls are a major concern, especially for older adults. As a healthcare provider, you play a key role in educating and guiding your patients on how to reduce their fall risk. This guide provides essential information to help you support patients in fall prevention strategies.



## Why Fall Prevention Matters

As you know, falls can lead to serious injuries and may result in loss of independence. Educating patients on preventive measures can help them stay active and avoid unnecessary hospital visits.

### Step 1: Educate Patients on Home Safety

Encourage patients to make small changes in their living space to reduce fall risk:



**Remove Clutter** Advise patients to keep floors clear of objects like shoes, bags, and electrical cords.



**Install Safety Equipment** Emphasize the benefits of grab bars in bathrooms and handrails on stairs.

**Improve Lighting** Recommend nightlights and well-lit pathways to prevent tripping in the dark.

**Rearrange Frequently Used Items** Encourage storing items within easy reach to avoid using step stools.



**Secure Rugs and Carpets** Suggest using non-slip mats or removing loose carpets.

### Step 2: Promote Physical Activity

Help patients understand the importance of exercise for fall prevention:



**Encourage Regular Exercise** Suggest activities like walking, yoga, or tai chi to improve balance and coordination.



**Stretch Daily** Explain how stretching improves flexibility and prevents stiffness.

**Strengthen Legs** Recommend leg lifts and balance exercises.

## Step 3: Monitor and Manage Health Risks

Assess and educate patients on health-related fall risks:



**Check Vision and Hearing** Encourage regular exams to ensure sensory health.



**Promote a Healthy Diet** Stress the importance of calcium and vitamin D for bone strength.

**Review Medications** Discuss potential side effects that may cause dizziness or drowsiness.

**Stay Hydrated** Advise patients to drink plenty of water to avoid dizziness.

## Step 4: Recommend Assistive Devices

If a patient is unsteady, suggest appropriate support tools:



**Canes or walkers** for additional stability



**Non-slip footwear** to prevent slipping



**Personal alert systems** for emergency assistance

## Step 5: Address Fall Risks Outside the Home

Help patients develop awareness and caution when outside:



**Look for Hazards** Teach patients to look for uneven sidewalks and slippery surfaces.

**Watch the Weather** Educate about wearing appropriate footwear in rainy or icy conditions.



**Use Railings** Advise holding onto railings when using stairs or ramps.

**Encourage Caution** Remind them to take their time and avoid rushing.



## Empower your patients today— fall prevention starts with you!

As a provider, your guidance can significantly impact a patient's ability to prevent falls. By offering education, assessing risks, and encouraging healthy habits, you can help patients maintain independence and avoid injuries.



## Have questions about the information in this guide?



Contact HealthTeam Advantage's  
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