# **Finding Our Balance**

## PREVENT SLIPS, TRIPS & STUMBLES

Falls can cause Traumatic Brain Injury.

Identify and remove hazards at home that increase the risk of falls.

### **Shoes**

 Wear comfortable, non-slip, close-toed, low-heeled supportive shoes that can be securely fastened.

#### **Floors**

- · Remove throw rugs and secure loose carpets.
- · Keep walkways clear of clutter.
- Tape cords and wires next to the wall.

## Lighting

- Install motion-activated and/or night lights throughout the house to adequately light all walkways, halls and stairways.
- Lamps and light switches should be easy to reach.



## **Steps and Stairways**

- Fix loose handrails or have new ones installed on both sides of the stairs.
- Fix loose or uneven steps.
- Make sure stairways have good lighting.
- Place light switches at the top and bottom of the stairs.
- Keep stairs free of clutter.
- Paint the top edge of steps a contrasting color to make them easier to see.

## **Living Room / Bedroom / Kitchen**

- Use furniture that is easy to get in and out of (knee height or higher).
- Rearrange rooms to create clear walking spaces.
- Keep frequently used items within easy reach.
- Keep phone and flashlight/lamp on bedside table for easy access.
- Keep the floor clear from bedding on all sides.

#### **Bathroom**

- Place a non-skid rug in front of your tub or shower.
- Install wall bars inside the shower or tub and next to the toilet.
- Use a shower chair and a handheld shower-head.
- Use a nonskid bathmat or adhesive strips in the tub or shower.
- Install night lights.

Scan this QR code to learn more. **↓** 













Transforming lives

DSHS 22-1901 (11/22)

#### More information:

- Traumatic Brain Injury Resources WA
- Community Living Connections
- Older Adult Falls | WA DOH
- Stand Strong WA | Seniors Fall Prevention