



# Is your home putting you at risk of a fall?

Falls are more common than you think - and the home is where the majority of such accidents occur.<sup>1</sup>

Below are some tips to help reduce the risk of falling in your home:<sup>1</sup>



**Kitchen:** Organize spaces to make everyday items easily accessible, avoiding unnecessary bending or stretching. Keep items you use less frequently on higher shelves.



**Bathroom:** Install tools such as grab bars and benches to help steady yourself in slippery spaces. Mop up wet spots and use non-slip mats.



**Stairs:** Avoid carrying objects while going up and down stairs. Ensure steps are free of clutter, and carpeting is secure.



**Hallways:** Install nightlights near stairs and in bedrooms and bathrooms to ensure spaces are always well-lit.

**50%** of falls that result in hospitalization occur in the home.<sup>2</sup>

When medical emergencies do happen, the **TELUS LivingWell Companion™**, a personal emergency response service with fall detection capability, can help.



Talk to your healthcare professional or contact us at:

1-844-979-2008 | [telus.com/livingwell](https://telus.com/livingwell)

1. Harvard Medical School. Preventing Falls. Purchased at <https://www.health.harvard.edu>. Accessed December 2019.

2. Government of Canada. Seniors' Falls in Canada: Second Report. 2014.