You may be at risk for falling if...

- You are over 65 years of age.
- You have fallen in the past year.
- You are unsteady or have a fear of falling.
- You have dizziness when you stand.
- You take four or more medications.
- You have loss of sensation or pain in your feet.

Did you know that...

one out of three adults 65 and older fall each year.

Falls and related injuries are the most frequent preventable cause of nursing home placement.
Safe Steps Balance and Fall Prevention program is covered by most insurances and is offered in the medical center, outpatient, and home care settings. For more information contact: CARTERETHEALTH.ORG

Place commonly used items on easy-to-reach cabinet & refrigerator shelves

Remove throw rugs or secure them to the floor with slip-resistant backing

Add a firm cushion to increase the height & stability of sofa or chair

Remove scatter / area rugs

Remove excess furniture / clutter (newspaper / mail) to clear pathways

Remove electrical and phone cords from traffic areas

Add bed transfer bar

Move one edge of bed next to wall

Make sure eye glasses, telephone, lamps & light switches are easily reached.

Add grab bars in shower and near toilet

Place non-slip mat in shower

Consider shower seat or bench

Consider raised toilet seat

Add a firm cushion to increase the height & stability of sofa or chair

Remove scatter / area rugs

Remove excess furniture / clutter (newspaper / mail) to clear pathways

Remove electrical and phone cords from traffic areas

Add bed transfer bar

Move one edge of bed next to wall

Make sure eye glasses, telephone, lamps & light switches are easily reached.

Add grab bars in shower and near toilet

Place non-slip mat in shower

Consider shower seat or bench

Consider raised toilet seat

Add a firm cushion to increase the height & stability of sofa or chair

Remove scatter / area rugs

Remove excess furniture / clutter (newspaper / mail) to clear pathways

Remove electrical and phone cords from traffic areas

Add bed transfer bar

Move one edge of bed next to wall

Make sure eye glasses, telephone, lamps & light switches are easily reached.

Add grab bars in shower and near toilet

Place non-slip mat in shower

Consider shower seat or bench

Consider raised toilet seat

Add a firm cushion to increase the height & stability of sofa or chair

Remove scatter / area rugs

Remove excess furniture / clutter (newspaper / mail) to clear pathways

Remove electrical and phone cords from traffic areas

During your first visit...

Your therapist will evaluate

• Balance
• Sensation
• Dizziness
• Strength
• Posture
• Walking

How our therapist can help you

• Safe and effective exercises
• Environmental modifications
• Education on fall prevention
• Home exercise program
• Gait training
...and much more!

Safe Steps Balance and Fall Prevention program is covered by most insurances and is offered in the medical center, outpatient, and home care settings. For more information contact:

Carteret Health Care Rehabilitation Services
3722 Bridges Street
252.499.8461

Carteret Health Care Home Health & Hospice
3500 Arendell Street
252.499.6081

CARTERETHEALTH.ORG