

## Recommendations to Prevent Falls at Home



Clear hallways of clutter and rugs wherever possible

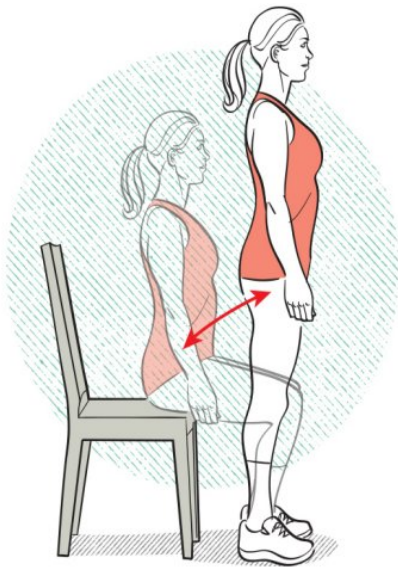


Make sure your house is well lit in most frequented areas and consider using a night light

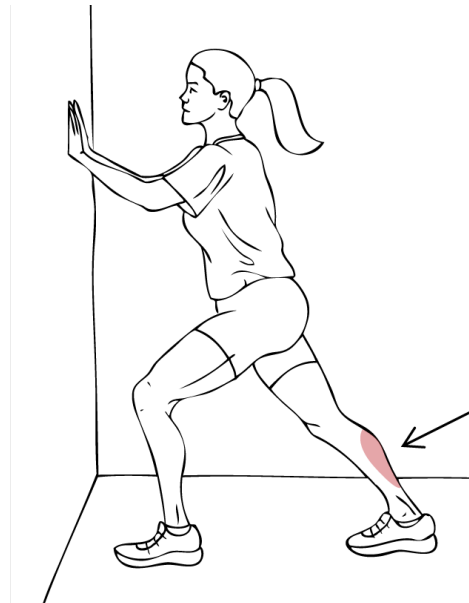


Consider installing handrails in areas of the home with steps/stairs, uneven surfaces, as well as in the bathroom

## Exercise Recommendations to Prevent Falls



Sit to Stands



Calf Stretch



Single Leg Balance