Fall Prevention Strategies for:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Ambulate using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at all times with \_\_\_\_\_\_\_\_\_\_\_\_ assistance from caregiver
* Perform transfers as follows:
* Scoot forward to edge of seat
* Lean forward “nose over toes”
* Use arms to push up from chair
* Perform bed mobility as follows:

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General guidelines for home safety:

* Remove clutter in walkways
* Remove area rugs
* Keep hallways well lit, especially bathroom at night
* Use appropriate assistive device as directed by therapy
* Keep bathroom floor dry and free of clutter

*Important Reminders:*

Contact your therapist with any questions or concerns!

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_