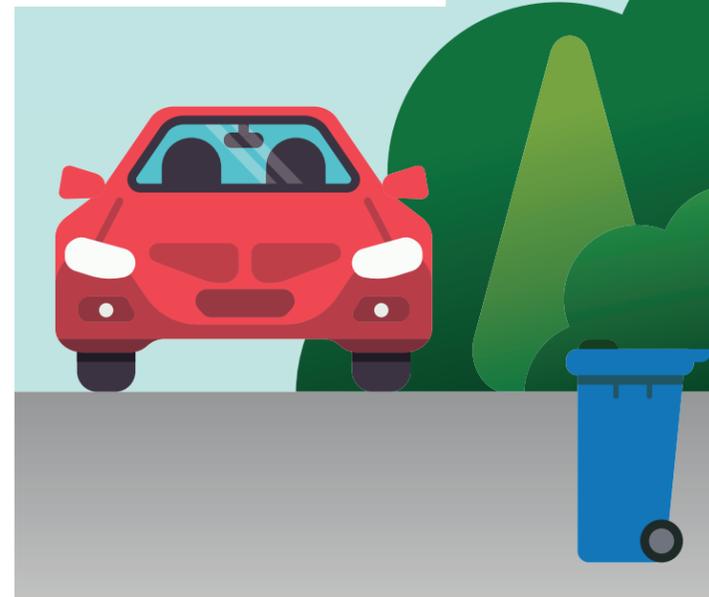


Prevent Falls at Home

Some simple changes around your home may reduce the risk of falling.

AS WE AGE, our chances of falling increase. This may be caused by physical changes, health conditions or medications that are used to treat those conditions. An injury from a fall can be serious and may make it difficult for some people to stay independent. Use this helpful chart and learn some simple ways you can make the rooms in your home safer to help reduce the risk of falls.

ILLUSTRATION
BY PARKO POLO



Closets/Attics

- ▶ Avoid climbing and reaching up to high shelves.
- ▶ Only use a stepladder if it's steady and has a handrail on top. It's a good idea to have someone stand next to you, too.

Bedroom

- ▶ Use a night-light or place a lamp within reach of your bed.
- ▶ Move electrical cords that might cause you to trip.

Bathroom

- ▶ Install grab bars by shower and toilet.
- ▶ Place non-skid mats in shower and bath.

Hallways

- ▶ Keep lights on at night or use reflective tape.

Kitchen

- ▶ Clean up spills right away.
- ▶ Don't wax floors.

Living room

- ▶ Make sure carpets are secured to the floor.
- ▶ Move coffee tables, magazine racks and plant stands away from high-traffic areas.
- ▶ Keep floors clutter-free.
- ▶ Be aware of where your pets are. Consider placing a bell on your pet's collar to let you know when they are nearby. Keep pet items like toys and food/water bowls out of walkways.

Stairs

- ▶ Cover wood stairs with carpet or non-slip treads.
- ▶ Install sturdy handrails on all stairways.

Whole-home

- ▶ Consider purchasing a personal emergency response system, which offers you an easy way to contact help with the push of a button. Another option is to carry around a cordless phone or cellphone.

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