

## Face the facts about falling.

- › One out of three adults age 65 and older falls each year.\*
- › Falls are the leading cause of fatal and non-fatal injuries among older adults.\*

## FALL-PROOF YOUR HOME



### KITCHEN

- ✓ Use a step stool with a support bar and never use a chair or counter stool to reach high places
- ✓ Organize items you use most where you can reach them
- ✓ Use non-skid, no-wax cleaner - avoid area rugs
- ✓ Carry groceries with one arm to leave the other arm free to brace yourself
- ✓ Install a phone within easy reach

## Help is here for you.

Call **1-800-668-3813 (TTY 711)**  
7 days a week, 8 a.m. - 8 p.m.

### Note:

From February 15 - September 30,  
help is available Monday - Friday.



\*[www.CDC.gov/HomeandRecreationalSafety/Falls/AdultFalls.html](http://www.CDC.gov/HomeandRecreationalSafety/Falls/AdultFalls.html)

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## HELP PREVENT FALLING IN YOUR OWN HOME

Cigna is here to help



Follow our easy checklist to  
fall-proof your home.



Together, all the way.®

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## STAIRCASES AND STEPS

- ✓ Install low-pile carpet
- ✓ Remove throw rugs at the top and bottom of stairs
- ✓ Light the way with light switches at top and bottom of stairs
- ✓ Make sure staircases have two handrails at the right height for you
- ✓ Avoid piles of shoes, clothes and other items on steps



## BEDROOM

- ✓ Keep a clear, well-lit path from your bed to the bathroom:
  - Install night lights
  - Avoid clutter such as cords
- ✓ Put a lamp within reach of your bed
- ✓ Rearrange furniture to make a “smart path” from your bedroom to other areas



## BATHROOM

- ✓ Install safety items such as:
  - Grab bars in the shower, tub and next to toilet
  - Raised toilet seat or raised add-on seat
  - Non-slip strips or non-slip mat in shower
- ✓ Hook up a phone within reach
- ✓ Plug night lights into outlets



## LIGHTING

- ✓ Replace burned out bulbs indoors and outdoors – ask for help to reach high places
- ✓ Install night lights throughout your home
- ✓ Use brighter bulbs to increase the amount of light
- ✓ Make sure light is bright and evenly distributed
- ✓ Lighten dark areas
- ✓ Use lamp shades or frosted bulbs to reduce glare



## Safety tips

- › Review your medications with your doctor - certain drugs can increase your risk of falls
- › Consider wearing a device that summons help if you fall and cannot get up
- › Keep emergency numbers in large print near each phone
- › Avoid putting items such as cords, wires and cables in walking paths
- › Keep garden hoses coiled up
- › Coil or tape cords to keep them out of your way
- › Beware of pet leashes, bowls and toys

## Important

Single steps leading in or out of sunken rooms are a common hazard. Install lighting to reveal the step.