

USC Verdugo Hills Hospital

Keck Medicine of USC



FALL PREVENTION & SAFETY MEASURES

Each year, one in three adults over the age of 65 fall, and 2 million are treated for fall-related injuries. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries, can impact health and independence of older adults. Fall prevention and safety measures can be taken each day to maximize your health and functional independence. There are strategies and local resources to maximize prevention and safety.

The [USC VHH Community Resource Center for Aging](#) can help, contact us at **818-949-4033** or aging-resources@med.usc.edu. To learn more, visit: uscvhh.org

FALL PREVENTION

Home Safety

Preventive action at home can reduce your risk of falling. Half of falls occur at home, so it is important to identify and correct potential hazards in your home.

Here are some tips:

- Remove tripping hazards, such as shoes, books, and clothes, from the floor and stairs.
- Install handrails and lights on staircases.
- Remove small throw rugs or use double-sided tape to keep rugs from slipping.
- Keep frequently used items in cabinets that you can easily reach without using a step stool.
- Put grab bars inside and next to the tub/shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home and have your eyes checked annually.

When you are outside, be aware of your surroundings.

- Look ahead while walking on sidewalks and watch for cracks, holes, and uneven and/or slippery surfaces.
- Take your time and do not rush.

Home Safety (continued)

Check out these websites for accessing home safety information and resources.

USC Leonard Davis School of Gerontology

USC Fall Prevention Center of Excellence

homemods.org/resources | [Consumer Awareness](#)

Free access to library, videos, provider directory, and consumer resources.

US Consumer Product Safety Commission

cpsc.gov | [Home Safety Checklist](#)

Free home checklist for older adults to prevent injuries and accidents from consumer products.

Physical Activity

Experts recommend a physical activity regimen with balance, strength training, and flexibility components. Consult your physician before beginning an exercise program.

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Physical Medicine and Rehabilitation

(818) 790 - 0123

Fall Proof (weekly)

- Improve balance, mobility, & posture
- Free screening — Cost is \$10/class.

Get Up and Go (2x weekly)

- Improve strength, balance, coordination, & mobility.
- Cost is \$12/class.

SilverSneakers

Online classes and gym memberships available at no cost for adults 65+ through select Medicare plans.

(877) 871-7020

silversneakers.com

Medical Alert Devices

LA Found

Free tracking bracelet for LA county residents living with dementia, Alzheimer's, Autism and other cognitive impairments. Apply online:

ad.lacounty.gov/lafound

(800) 510-2020

GPS SmartSole

Provides discrete wearable tracking in shoes to monitor whereabouts. Price varies.

(213) 489 – 3019

gpsmartsole.com

Fall Response Devices:

Life Alert

Life Alert is a 24/7 alert system for help. The wearable system is waterproof to wear in shower. Price varies.

(800) 360 –0329

lifealert.com

Philips Lifeline

This system is connected to friends and family and emergency responders for 24/7 support. Activation fee and monthly costs.

(855) 681 – 5351

lifeline.com

NOTE: This does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.