Fall Prevention and You, Safe at Home
Tracy Zerkle, HealthStages Coordinator
Modular Ramp

Custom Ramp
Zero-Step Walk-In Shower

Hand-held Shower, Shower Stool, Grab Bar
Grab Bars
Lever Door Handle
Bath Bench
Non-Skid Strips in Bathtub

Non-Skid Strips on Stairs
Nightlight
Velcro Tape or Double-sided Tape Under Rugs
Four Things We Can Do to Prevent Falls

- Begin an exercise routine
- Have your medications reviewed
- Have your vision checked
- Make your home safer
- Talk with your physician about your concerns about falling
“I’ve discovered a whole new world here.”

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