# Protect your bones. Make your home safe from falls.

Falls are dangerous at any age. But as you get older, falls become much more serious. People over 65 who fall and break a hip are more likely to lose their independence or even die within a few months.

Most serious falls occur indoors. They often happen at night as people go to bed, get up to use the bathroom, or rush to answer the phone. Falls are often caused by dangers that are easy to overlook but easy to fix. Inspect your home to make it safer. Follow these simple tips.

**Here are 12 ways to make your home safer:**

**1** Have handrails and plenty of light in all stairways.

**2** Wear shoes that give good support and have non-slip soles.

**3** Don't use stepstools. Keep items you need within easy reach.

**4** Maintain a clear path to the bathroom.

**5** Remove all small rugs. They can make you trip.

**6** Make sure your walkways are wide enough.

**7** Remove things that you may trip over from stairs and places where you walk.

**8** Move phone and electrical cords away from walkways and open areas.

**9** Make sure that all areas are well lit. Use bright light bulbs.

**10** Be aware that some medications, including over-the-counter medicines, can make you dizzy or sleepy. Talk with a healthcare professional about what is best for you.

**11** Get your vision checked. Annual vision checks can help eliminate bone-breaking falls.

**12** Use non-slip mats in the bathtub or shower. Have grab bars put in next to your toilet and in the bathtub or shower.





# You are never too old or too young to improve your bone health.