



fall prevention guidelines

Bon Secours Physical Therapy Safety Tips

Seeing

- Have adequate lighting in all areas
- Locate light switches at the top and bottom of stairs, near every doorway, and within easy reach from the bed
- Use night lights in halls, bathrooms, and bedrooms

Slipping

- Place a phone in each room and nearest to the bed or chair that is frequently used
- Chairs with armrests help to ensure correct body position and make getting out of a chair easier for older adults
- All areas that have the potential to get wet should have non-slip mats around them
- Install grab bars in the shower/tub and toilet areas to improve safety
- Consider using a non-skid shower seat in the tub with a hand-held shower head for ease in bathing
- Place non-skid strips in the bathtub/shower
- Install an elevated toilet seat
- Keep pathways free of clutter
- Avoid highly polished floors and scatter rugs
- Carpet edges should be secure; pile should be short and a solid color

Stairs

- Have handrails on both sides of stairway - this allows grasping with either hand
- Apply non-skid treads to the surface of each step

General Tips

- Use an assistive device such as a cane, walker, or wheelchair when needed
- Be sure footwear fits properly, offers good support, has non-slip soles with low heels, and is easy to fasten, such as a Velcro closure
- When getting up, sit on the side of the bed for a minute or two before standing
- Stand up slowly to avoid a brief period of low blood pressure, which can cause dizziness.
- Sit on the edge of bed or on chair when putting on socks, shoes, or slacks
- Avoid the use of extension cords - they can cause tripping and falling, and can also be a fire hazard
- Never use a chair as a step stool
- Avoid long nightgowns and dresses - they may cause tripping when walking
- Take your time when performing tasks - hurrying can cause accidents

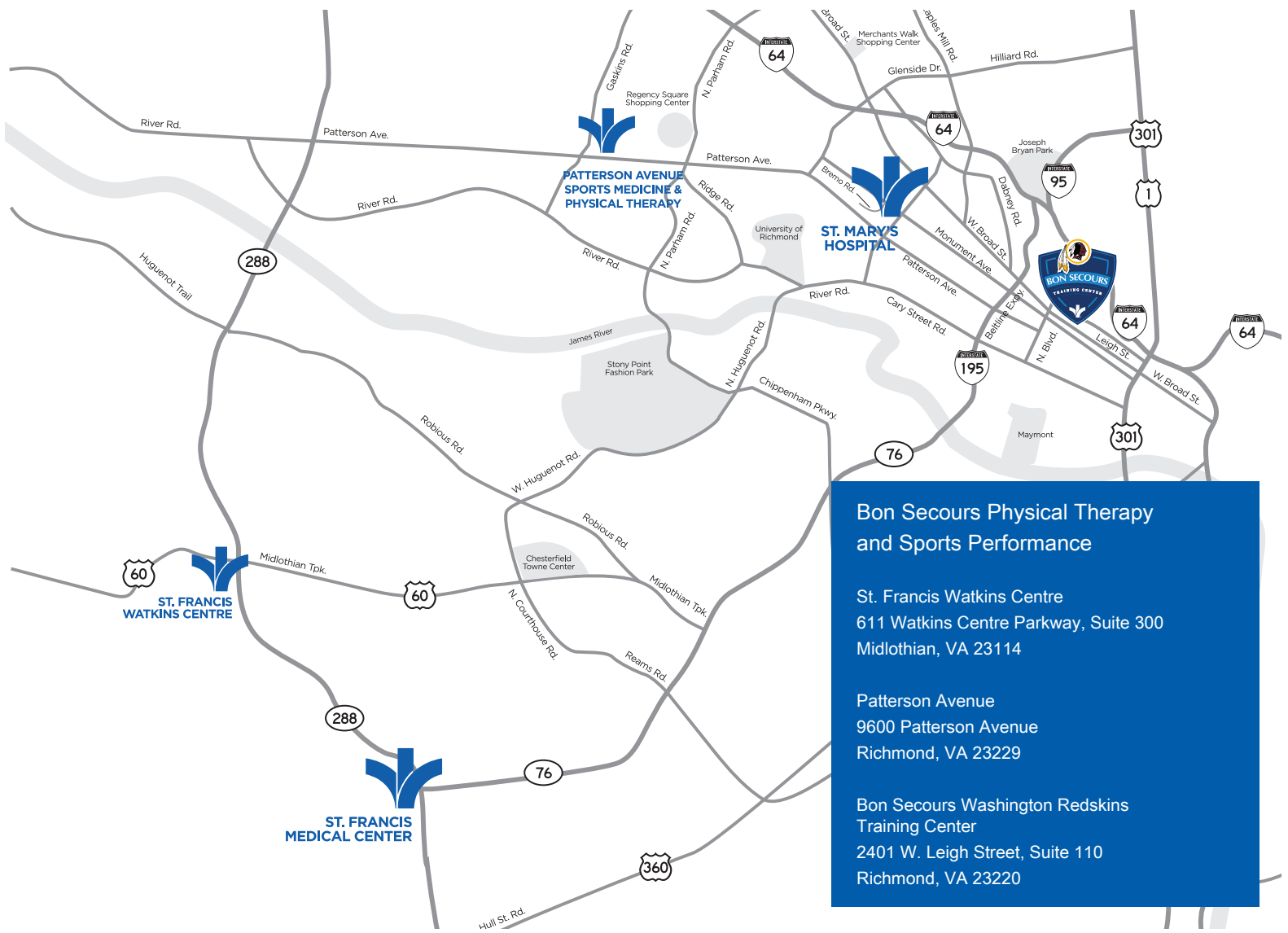
Family Tips

- Families can help by ensuring appliances are functioning well, light bulbs are replaced and commonly used items are within easy reach
- Be aware of changes, particularly in memory, orientation, attention, judgment, and mood
- Be sure he/she understands their medications, that they are taking them correctly, and that they have a sufficient supply
- Monitor for new episodes of wandering, agitated or aggressive behaviors, incontinence, changes in walk or balance, and motor or sensory impairment



BON SECOURS PHYSICAL THERAPY
Bon Secours Richmond Health System

bonsecoursphysicaltherapy.com



Bon Secours Physical Therapy and Sports Performance

St. Francis Watkins Centre
611 Watkins Centre Parkway, Suite 300
Midlothian, VA 23114

Patterson Avenue
9600 Patterson Avenue
Richmond, VA 23229

Bon Secours Washington Redskins
Training Center
2401 W. Leigh Street, Suite 110
Richmond, VA 23220

Bon Secours Physical Therapy and Sports Performance Locations

Directions to Watkins Centre

804-325-8822

From North/West of Richmond: Take Rt. 288 South to the Midlothian/Powhatan exit; stay in right lane to the Watkins Centre Parkway exit. Stay straight on Watkins Centre Parkway after you go through three traffic circles. Cross Midlothian Turnpike and go around the first traffic circle to the left and enter the parking lot.

From North/East of Richmond: Take Powhite Parkway South to Rt. 288 North to the Rt. 60 West/Midlothian/Powhatan Exit. Take a left at the first traffic light, (Watkins Centre Parkway). Go around the first traffic circle to the left and enter the parking lot.

From Midlothian/Chesterfield/Bon Air: Take Rt. 60/Midlothian Turnpike West approximately five miles past the intersection of Midlothian Turnpike and Courthouse Road. Turn left at the traffic light at Watkins Centre Parkway (first light after you cross over Rt. 288). Go around the first traffic circle to the left and enter the parking lot.

Directions to Patterson Avenue

804-285-6818

From the North: Head west on I-64. Take the Glenside Drive South exit, Exit 183A. Merge onto VA-356. Stay straight to go onto Horsepen Road. Turn right onto Patterson Ave-VA-6 W. 9600 Patterson Avenue is on the right.

From the South: Head north on VA-288. Merge onto Patterson Ave-VA-6 E toward Richmond. 9600 Patterson Avenue is on the left.

From the East: Head north on I-95. Merge onto I-64 W via exit 79 toward I-195 S Powhite Parkway Charlottesville. Take the Glenside Drive South exit, Exit 183A. Merge onto VA-356. Stay straight to go onto Horsepen Road. Turn right onto Patterson Ave-VA-6 W. 9600 Patterson Avenue is on the right.

From the West: Head south on Gaskins Road. Turn left onto Patterson Ave-VA-6 E. 9600 Patterson Avenue is on the left.

Directions to BSWRTC

804-325-8812

From South of Richmond: Take VA-76N/Powhite Parkway. Keep left to take VA-76N/Beltline Expy toward I-195 N/I-64 W. VA-76 N Beltline Expy becomes I-195N. Take the exit toward US-33/US-250 Broad Street. Turn slight right onto W. Clay Street. Take the 1st left onto Roseneath Rd. Take the 2nd right onto W. Moore St. W. Moore St. becomes W. Leigh Street. BSWRTC is on the right.

From North/East of Richmond: Take I-64 West toward I-95. Take exit 78 toward Boulevard. Keep left to take the ramp toward VA-161. Turn left onto Hermitage Road. Take the 1st right onto Robin Hood Road. Take the 1st left onto N Boulevard VA-161. Take the 1st left onto W. Leigh Street. BSWRTC is on the right.

From the West: Take I-64 East toward Richmond. Take the Boulevard exit (Exit 78). Merge onto VA-161 S/N Boulevard. Turn left onto Leigh Street. BSWRTC is on the right.