



Dear _____,

Our staff has noted that you have fallen recently. South Shore Home Health Services, Inc. would like to offer some suggestions to help prevent future accidents so that you may enjoy a safer, healthier environment.

Please take some time to review these suggestions. If you need assistance to implement them, you may call us at 567-6555. If you do not have an Emergency call system, it may be a good idea to consider getting one. We can also provide you with the phone numbers to call to arrange for one of these systems.

You can do a lot to avoid falls and other mishaps. The following list offers some ideas:

* Notify your doctor if you fall. Changes in medications or treatments may be necessary.*

- Utilize safety bars, raised toilet seats, shower chairs, etc. in the bathroom.
- Be aware of any side effects (i.e. dizziness, etc.) from medications.
- Have your vision and hearing tested. Correct any problems, if possible.
- **Rise slowly after eating and sleeping. Sudden changes in position may cause dizziness.**
- Follow instructions regarding your activity level (i.e. bedrest, walking, asking for assistance).
- Wear supportive, non-skid footwear.
- Remove clutter and scatter rugs from pathways. Make sure all electric cords are out of pathways.
- Use nightlights, preferably with motion or light sensors.
- If bedbound or chairbound, keep necessary items within reach.
- Keep all equipment (wheelchairs, walkers, cane, braces, etc.) in good working order.

We hope these suggestions help to prevent you from further falls. Again, if we can be of any assistance in making your environment a safer one for you, please do not hesitate to call us.

Very truly yours,