KEKA REHAB SERVICES®
Excellence in Home Care Services & Staffing

Fall Prevention Guide

Spot fall hazards. Improve safety. Stay independent.

Created by ***Dr. Kennedy Ndamba, DPT*** Keka Rehab Services



Free Bonus Resource from Keka Rehab Services

Scan to access free exercise videos, balance tips, and senior wellness resources.

Fall Prevention Guide

Simple home safety tips to reduce fall risk and support safer daily movement.

Why fall prevention matters

Falls can lead to injury, loss of confidence, reduced mobility, and hospitalization. The goal of this guide is to help older adults, caregivers, and families identify common risks and make simple changes that support safer movement at home.

Quick home safety checklist

Area	What to Check
Floors	Remove throw rugs, clutter, loose cords, and uneven mats. Keep walking paths clear.
Lighting	Use bright lights in hallways, bedrooms, bathrooms, and stairs. Add night lights.
Bathroom	Use grab bars, non-slip mats, shower chair, and raised toilet seat if needed.
Footwear	Wear supportive, non-slip shoes. Avoid loose slippers, socks only, or high heels.
Stairs	Use handrails, keep steps clear, and mark step edges if vision is reduced.
Assistive Device	Use walker, cane, or rollator as instructed. Keep device within reach.

Daily movement tips

- Stand up slowly and pause before walking, especially after lying down or sitting for a long time.
- Keep frequently used items at waist level to avoid unsafe bending or reaching.
- Take your time during turns. Avoid rushing to answer the phone or door.
- Use your assistive device every time if it has been recommended by your clinician.
- Drink adequate fluids unless restricted by your medical provider. Dehydration can increase dizziness and weakness.

Strength and balance habits

Practice only the exercises prescribed by your therapist. Stop and seek help if you feel chest pain, severe shortness of breath, new dizziness, sudden weakness, or unusual pain. Common focus areas include sit-to-stand practice, ankle pumps, seated marching, heel raises, hip strengthening, posture, and balance training with supervision as needed.

When to contact your doctor or therapist

- A fall, near fall, or sudden decline in walking ability.
- New dizziness, fainting, confusion, or shortness of breath.
- New numbness, weakness, severe pain, swelling, or change in vision.
- Difficulty using your walker/cane safely or increased fear of falling.

Caregiver Safety Reminders

• Encourage the person to use their device rather than furniture-walking.

• Keep the home organized with wide, clear pathways.

• Place chairs with armrests in key areas for safer rest breaks.

• Review medications with the medical team if dizziness or sleepiness increases.

• Make sure emergency contacts are visible and accessible.

Simple Fall Risk Self-Check

Question	Yes/No
Have you fallen in the past 12 months?	
Do you feel unsteady when standing or walking?	
Do you worry about falling?	
Do you need to push with your hands to stand from a chair?	
Do you feel dizzy when standing up?	
Do you use furniture or walls for support?	

Disclaimer

This guide is for general education and does not replace medical advice, diagnosis, or treatment. Follow your physician and therapist instructions. Call 911 for emergencies.

Keka Rehab Services

Helping families and care teams support safer movement, mobility, and independence at home.