



# Before You Fall:

## *Tips for Preventing Falls in the Home*

Your home may be your haven, your castle, and your favourite place in the world. It can also be safe for you after your amputation, if you look around and follow these tips to keep from falling.

- ☺ Remove throw rugs and secure large area rugs with carpet tape or tacks.
- ☺ Rearrange furniture so that there is something to grab if you being to fall.
- ☺ Leave a light on at night.
- ☺ Wipe spill immediately.
- ☺ Reduce clutter.
- ☺ If thresholds cause problems, have them lowered or removed.
- ☺ Move any furniture that has sharp edges away from main pathways.
- ☺ Use a shower chair with arms.
- ☺ Have handrails and grab bars installed in bathrooms.
- ☺ Adjust doors with automatic closures so that they do not bump you from behind.
- ☺ Move telephone and extension cords from traffic areas.

### **Other things you can do to prevent falls include:**

- ☺ Exercise regularly to increase your strength and improve your balance.
- ☺ Review your medications with your doctor or pharmacist; some medication can make you dizzy or sleepy or affect your balance.
- ☺ Have your vision checked every year.
- ☺ Rise slowly after sitting or lying down.



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## Peer Support for Amputees

Sharing experiences with another amputee shows you:

- That others have similar feelings of loss and grief.
- What it is like to perform daily activities without a limb.
- How others cope with amputation.

The following is a list of voluntary support groups in Queensland providing support for amputees and their families.

|                                   |  |
|-----------------------------------|--|
| Amputees & Family Support Group   | 07 32904293                                      |
| Amputees Advisory Ass. Gold Coast | 07 55329325                                      |
| Amputee Support Sunshine Coast    | 07 54766837                                      |
| Old Amputee Golf Association      | 07 55248201                                      |
| Limbless Soldiers                 | 07 33583155                                      |
| LimbKids                          | 07 55339754                                      |
| Amputee Queensland                | <a href="http://www.aq.org.au">www.aq.org.au</a> |



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