

USC Verdugo Hills Hospital

Keck Medicine of USC



FALL PREVENTION & SAFETY MEASURES

Each year one-in-three adults over the age of 65 (two million Americans) are treated for fall-related injuries. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries, can often go on to impact one's health and independent functioning. Fall prevention and safety measures can be taken each day to maximize your health and functional independence. There are strategies and local resources to maximize prevention and safety.

The [USC VHH Community Resource Center for Aging](#) can help, contact us at **818-949-4033** or aging-resources@med.usc.edu. To learn more, visit: uscvhh.org

FALL PREVENTION

Home Safety

Preventive action at home can reduce your risk of falling. Half of falls occur at home, so it is important to identify and correct potential hazards in your home.

Safety tips:

- Remove tripping hazards, such as electrical cords, shoes, books, and clothes, from the floor and stairs.
- Install handrails and lights on staircases.
- Remove small throw rugs or use double-sided tape to keep rugs from slipping.
- Keep frequently used items in cabinets easily within reach, use reach sticks, and avoid using step stools.
- Put grab bars inside and next to the tub/shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home and have your eyes checked annually. Keep a flashlight by your bed.
- Keep your phone charged.

When you are outside, be aware of your surroundings.

- Look ahead while walking on sidewalks and watch for cracks, holes, and uneven and/or slippery surfaces.
- Take your time and do not rush.
- Carry a cordless/mobile phone or wear smartwatch to make emergency calls.

Home Safety Support

Check out these websites for accessing home safety information and resources.

USC Leonard Davis School of Gerontology

USC Fall Prevention Center of Excellence

homemods.org/resources | [Consumer Awareness](#)

Free access to library, videos, provider directory, and consumer resources.

US Consumer Product Safety Commission

cpsc.gov | [Home Safety Checklist](#)

Free home checklist for older adults to prevent injuries and accidents from consumer products.

Physical Activity

Experts recommend a physical activity regimen with balance, strength training, and flexibility components. Consult your physician before beginning an exercise program.

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Physical Medicine and Rehabilitation

(818) 790 - 0123

Fall Proof (weekly classes)

- Improve balance, mobility, & posture
- Free screening — Cost is \$10/class.

Get Up and Go (2x weekly classes)

- Improve strength, balance, coordination, & mobility.
- Cost is \$12/class.

SilverSneakers/Gym Memberships

Join online classes and gym memberships at no cost for adults 65+ through select Medicare plans. Check with your individual insurance plans.

(877) 871-7020

silversneakers.com

Tracking & Medical Alert Devices

Check with your medical insurance plan for possible coverage and preferred vendors.

LA Found

Free tracking bracelet for LA county residents living with dementia, Alzheimer's, Autism and other cognitive impairments. Apply online:

ad.lacounty.gov/lafound

(800) 510-2020

GPS SmartSole

Discrete wearable tracking in shoes to monitor whereabouts. Price varies.

(213) 489 – 3019

gpssmartsole.com

Fall Response Devices*:

Medical Guardian

For adults living independently. Advanced fall detection for quick 24/7 response.

(888) 299-5902

medical-guardian.com

LifeStation

Offers health insurance discounts.

Caregiver app access.

(844) 221-9212

lifestation.com

*recommended by the National Council on Aging.

NOTE: This does not constitute a recommendation or endorsement of these agencies but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.
