

PREVENTING FALLS AT HOME AFTER REHABILITATION



SIMPLE STEPS FOR A SAFER RECOVERY



After hospitalization and rehabilitation, the risk of falling may increase due to weakness, reduced balance, difficulty walking, dizziness, or changes in medications.



FALL PREVENTION BEGINS

with a safe home environment, correct use of mobility aids, and following the rehabilitation team's recommendations.



GASHER
NeuroBridge

A Bridge to Safer Rehabilitation



SAFE HOME



STRONGER STEPS



BETTER BALANCE



SAFER TOGETHER

Neurological Rehabilitation Department
Dorot Geriatric Medical Center



GASHER.org.il



A SAFER HOME HELPS PREVENT FALLS

Simple changes can make a big difference



Keep walkways clear of clutter, cables, and unnecessary furniture.



Remove or securely fix loose rugs and mats.



Ensure good lighting, especially at night.



Keep frequently used items within easy reach.



Keep floors dry and avoid slippery surfaces.



Install and use handrails or grab bars when recommended.



A well-lit, organized home with clear pathways can significantly **reduce fall hazards.**



GASHER
NeuroBridge

A Bridge to Safer Rehabilitation



SAFE
ENVIRONMENT



GOOD
LIGHTING



SUPPORTIVE
FOOTWEAR



USE YOUR
AID



ASK FOR
ASSISTANCE

Small steps today,
a **safer** tomorrow.



TAKE YOUR TIME – MOVE SAFELY



Move **gradually** from lying to sitting and from sitting to standing.



Before walking, make sure you feel **steady** and are **not dizzy**.



Use your walker, cane, or other **mobility aid** as recommended by your team.



Wear closed, supportive, **non-slip** footwear.



Do **not use** unstable furniture for support.



If supervision or assistance has been recommended, **do not walk alone**.



Do not stop using or change your **mobility aid** without professional advice.



GASHER
NeuroBridge

A Bridge to Safer Rehabilitation



MOVE SAFELY



USE YOUR AID



NON-SLIP SHOES



ASK FOR HELP

Safety today
independence tomorrow



GASHER.org.il



BATHROOM SAFETY

TAKE EXTRA CARE

— Bathrooms can present a higher risk of slipping and falling. —



Use appropriate **non-slip** surfaces.



Install **grab bars** when recommended.



Keep the floor **dry** and free of obstacles.



Do **not** use towel racks, sinks, or unstable fixtures for support.



Use a **shower chair** or other recommended equipment when needed.



Ask for **assistance** with bathing or toileting if supervision has been recommended.



The right equipment and assistance can make daily activities **safer**.



GASHER
NeuroBridge

A Bridge to Safer Rehabilitation



SAFE HOME



SAFE BATHROOM



ASSISTANCE



PREVENT FALLS

Small changes,
safer routines, fewer falls.



 GASHER.org.il



STAY ALERT – KNOW WHEN TO ASK FOR HELP

Changes in health or medications can increase the risk of falling.

Pay attention to the warning signs:



New dizziness, weakness, drowsiness, or confusion



A new change in balance or walking ability



Repeated falls or near-falls



New difficulty with daily activities



New medications or changes in your medications



Do not stop medications on your own.

If new symptoms appear after discharge or after a medication change, contact your healthcare professional.

REMEMBER:



SAFE HOME



GOOD LIGHTING



SUPPORTIVE FOOTWEAR



CORRECT MOBILITY AID



SAFE BATHROOM



MEDICATION AWARENESS



ASSISTANCE WHEN NEEDED



IF A FALL OCCURS:



Do not rush to stand up.



Check for pain or injury and call for assistance if needed.



Seek prompt medical assessment for a significant injury, head injury, bleeding, new weakness, confusion, or other concerning symptoms.



Report repeated falls to the healthcare team so the cause can be assessed.



GASHER | NeuroBridge

A Bridge to Safer Rehabilitation –



Together, we can build a **safer recovery** at home.



GASHER.org.il

Neurological Rehabilitation Department
Dorot Geriatric Medical Center

