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Community Resources:

Focus on Safety Curriculum
<http://www.anthc.org/chs/wp/injprev/focus-on-safety.cfm>

Injury Prevention/Safety Playlist
<http://www.youtube.com/ANTHCDigitalStories#g/c/9C77F62220E5FCC5>

Community Health Services on Facebook
<http://www.facebook.com/#!/pages/Community-Health-ServicesANTHC/106849576044369>

PREVENT FALLS

photo by Brian Adams and
brochure design by Holly Nordlum at Naniq Design



**ANTHC Injury
Prevention Program**

ANTHC INJURY PREVENTION PROGRAM



Fall Prevention Tips:

- **Vision**
Have your vision checked by an eye doctor at least once a year.
- **Medication Management**
Ask your medical provider to review your medications.
- **Physical Activity**
Walk often and participate in subsistence activities.
Exercise helps to improve coordination and balance.

RESOURCES TO HELP PREVENT FALLS:

- **Pocket Medication List**
- **Medication List – for Home**
- **Home Safety Survey**

HOME SAFETY CHECKLIST:

Floors:

- Keep a mat near the doorway for wiping shoes. During the winter, keep a broom handy for knocking off snow.
- Always have a clear path in each room and the hall-way.
- All throw rugs need double-sided tape on the back so it will stay in place.
- Be sure to keep cords or wires next to the wall.

Stairs and Steps:

- Keep both stairs and steps in good repair.
- Do not store anything on the stairs.
- Make sure handrails are on both sides of the stairs.
- Have someone put lights at the top and bottom of the stairs.

Bedrooms:

- Place a lamp close to the bed to be handy at night.
- If you use a cane or walker, place it next to the bed when you go to sleep.

Bathrooms:

- Put a non-skid mat in the tub.
- Install grab bars or a safe shower chair to help you when getting in and out of the tub.

Kitchen:

- Keep things you use most on the low shelves.
- Use a sturdy step stool. Never use a chair as a step stool.

***“Alaska
Natives are the
healthiest people
in the world”***