

Dear Family Members,

As part of our commitment to ensuring the safety and well-being of our patients, we would like to share some valuable resources and tips on preventing falls. Falls can have serious consequences, especially for older adults and patients with mobility challenges.

Tips for Preventing Falls

- Encourage regular exercise to improve strength and balance.
- Ensure well-lit areas, especially stairways and hallways.
- Remove clutter and tripping hazards from living spaces.
- Recommend wearing non-slip footwear.
- Discuss medication side effects with healthcare professionals.
- Provide assistive devices as needed, such as walkers or grab bars.

Helpful Resources

We encourage you to explore the following resources for more information:

- [CDC Falls Prevention](#)
- [NCOA Falls Prevention Toolkit](#)
- [APTA Falls Prevention Resources](#)

If you have any questions or concerns, please don't hesitate to reach out to our staff. Together, we can create a safer environment for our loved ones.

Thank you for your attention!

Sincerely,
Your Healthcare Team