Eyes on falls

– environment –

Use colour and
contrast

* Outline the top edge of steps and other changes in surface like doorways, corners, coffee tables, etc with bold contrast colour tape to make them more visible

* Keep your inside and outside walkways clear

* Choose bright colours for furniture, bedspreads, handrails, towels, and any obstacles that can't be moved, so they stand out against their surroundings

* Select a toilet seat/cover that is a different colour to the surrounding floor

Manage glare and
reflection

* Badly positioned, or too much light can cause glare and affect your ability to see obstacles clearly

* Sunglasses and a brimmed hat can help you see better outside on bright days

* Some types of light bulbs produce more glare than others – see your lighting shop for advice

* Position lights so that you can't see the bulb but it still shines brightly, use light shades that reduce glare such as up-lighters or paper ball lampshades

* Low shine surfaces, secure rugs, and window coverings help reduce glare inside

50% of
falls happen
within the home.

By making simple changes to your home environment, you can reduce your chances of falling

Ensure good lighting
inside and out

Fact: a 60 year old needs 3 times as much light as a 20 year old

* Allow time for your eyes to adjust to different levels of light, especially when coming inside from outdoors

* Use the correct wattage light bulbs, keep rooms well lit - but not too bright such that they cause glare or dark shadows

* Spotlights for general lighting are not recommended as they give a small bright pool of light but leave the surrounding area dark and shadowed

* Ensure light switches are easy to reach, always turn on the light before entering an area – two way switches are recommended for stairs, corridors or rooms with more than one entry

* Use sensor lights for your outside pathways, front and back door entry

* Use night lights in bedrooms, hallways, and bathrooms, have a torch within easy reach of the bed