



# Healthy Tidbits

*Here's to your good health!*



## Devices to Help Prevent Falls

Appropriate use of assistive devices can prevent harmful falls. These devices may include canes, walkers, and reachers. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely. Talk with your doctor about having a physical therapist or occupational therapist assess your device needs.

### Canes

A cane or walker may help you feel more stable when you walk.

### Walkers

If you're at risk of falling, your physical therapist might suggest using a walker. A walker will help you stay balanced by giving you a wide base of support.

### Reachers

A reacher, or grabber, can also help prevent falls. This simple tool lets you take lightweight items from high shelves.

### Cell Phones and Portable Phones

Another helpful device is a cell phone or portable phone. Carry the phone with you from room to room. When it rings, you won't have to rush to answer it. Not rushing could avert a harmful fall. Never rush to answer the phone or door.



For more detailed information on assistive devices go to:  
<http://nihseniorhealth.gov/falls/helpfuldevices/01.html>



## Preventing Falls – Take this 3-question quiz

SOURCE: [http://nihseniorhealth.gov/falls/personalchanges/quiz/question\\_1.html](http://nihseniorhealth.gov/falls/personalchanges/quiz/question_1.html)