

# AT for Fall Prevention

Many people worry about falls that can happen with aging or different health issues. Every year, around one million people go to the emergency room after having a fall. There are assistive tools that can help to reduce the risk of falling.



## Grab bars and handrails

Grab bars on bathroom walls, in the shower and next to the toilet can provide a secure grasp. Handrails can be placed on each side of a stairway or anywhere that extra stability may be necessary.

## Raised toilet seat

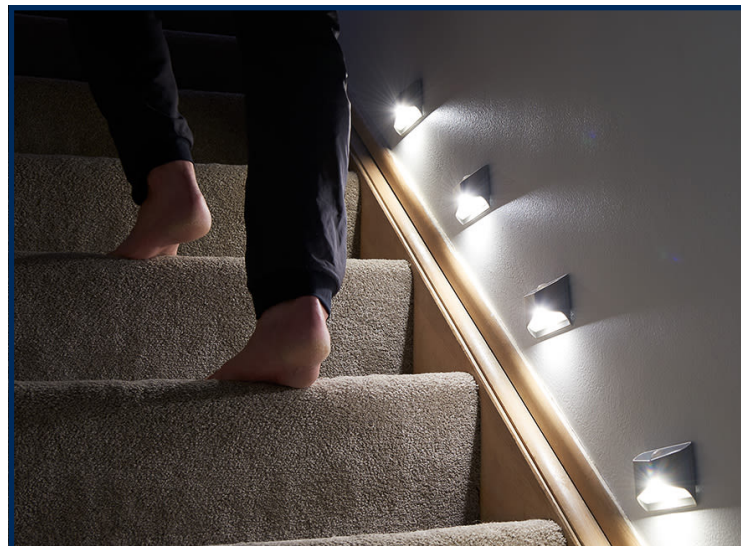
A raised toilet seat with handles or armrests can make raising and lowering easier. It can also provide a more stable base to sit on.

## Chair lifts

These can help a person gradually move from a sitting position to a standing position. Lift chairs can be purchased that have the lift system built in to the chair. A portable chair lift can be used with an existing chair in your home.

## Non-slip mat

A mat in the tub or on the floor can help prevent falls from a wet surface. Non-slip rugs have rubber backing to keep them from sliding. Non-slip bath mats have suction cups to secure the mats to the tub floor.



## Sensor-activated lights

Automatically light a path to help prevent falls in the dark. Battery-powered motion sensing lights can be wireless and placed in areas where they are needed with stick on tapes. Automatic LED night-lights can plug into wall outlets in the bedroom, bathroom or hallways and turn on when the area is dark.



### Canes, walkers and rollators

Walking aids can provide the extra support needed to walk safely. Canes may provide enough support for some people, but others may need a walker or rollator. A rollator has wheels to allow for no lifting and smoother movement. Rollators also provide a seat to allow for breaks from standing or walking.



### Reaching tools

These tools can help a person reach and grab an item safely without needing to bend over or reach down. Reachers can also help people get items from above or from hard to reach places.

### Fall alarms

Fall alarms can alert others that a person has a fallen and needs help. The tools work in a variety of ways. Some sensors are a mat or an attached cord that alerts when a person exits a bed, chair or room. Other alarms are wearables that sense a change in position. There are also alerts that can be activated by the user after they have fallen.



WVATS can help in deciding which tools may be able to help you stay safe and healthy. Contact WVATS at **800-841-8436** or **wvats@hsc.wvu.edu** for more information. You can also visit **wvats.cedwvu.org** to sign up for the monthly newsletter to stay up-to-date on new assistive technology and WVATS services.

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