



Campaign for Fall Prevention

As we grow older, our risk of falling increases and so does the risk of serious injury from a fall. Most trips, slips and falls happen in and around the home. Here are some simple things you can do to make sure your (or your loved one's) home doesn't trip you up.

Bathroom:

- Use a non-slip mat inside and outside the tub or shower.
- Purchase a non-slip bath and shower bench to get in and out safely.
- Install a raised toilet seat to make getting on and off easier.

Kitchen:

- Replace loose scatter mats with rugs that have rubber backing.
- Wipe up spills immediately.
- Keep everyday items on shelves within easy reach.
- Never climb on a chair or stool to reach for something. Ask for help.

Stairways:

- Keep stairways clear of clutter that can cause you to trip.
- Ensure there are stable handrails on the staircase.

- Secure loose or wrinkled carpet.
- Ensure good lighting in stairwells.

The Rest of the House:

- Have a clear path from the bedroom to the bathroom. Place night lights along the way to guide you.
- Always sit down when putting on or taking off shoes and clothing.

Outdoors:

- Keep steps and pathways clear of clutter such as yard tools, snow shovels, newspapers and wet leaves.
- Don't juggle parcels while trying to enter the house. Never carry more than is reasonable. Instead, make a few trips from the car with smaller packages.

Your [Vancouver Chiropractor](#) can help you assess the risk of falling by evaluating your (or your loved one's) strength and balance. Your chiropractor can also prescribe exercises and give practical advice to reduce the risk.

[Contact us](#) if you would like some info sheets, or to book an assessment.

Upcoming Office Closures

Dr. Debbie Wright will not be in the office , March 15th.

The office will be open regular hours on the Friday, Saturday and Monday of the Easter weekend.

Topics in this issue:

- Campaign for Fall Prevention
- Upcoming office closures

Practitioners:

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