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Tips on Stair Safety: Elevating Self-Care in the Senior Home

Every year, one-fourth of seniors in our country suffer from a fall. Stair safety should be taken seriously for those who wish to lead a healthy senior lifestyle.

Some of the most common reasons for falling on the stairs include health issues, such as poor vision, a balance disorder, mobility problems, joint pain or muscle weakness, environmental factors or simply lack of caution. Consider the following tips to help you or a loved one stay safe on the stairwell:

- **Clear the Clutter** – Make sure there is nothing obstructing the stairs at the top or bottom landing. Clear away rugs or furniture that could be tripping hazards. Avoid piling items on the steps themselves.
- **Survey the Surface** – If the surface of the stairs are tile or wood, consider apply non-slip treads to improve traction. If steps are carpeted, make sure the carpet is securely attached and doesn't slip or sag.
- **Let There Be Light** – All stairways in the home should be well lit. If you need to install a light for the stairs, make sure there is a switch at both the top and bottom. When caring for an older friend or family member, check to see if any light bulbs need replaced and help them to do so if needed.
- **Look Ahead** – Vision problems are a common cause of trips and falls. If you need prescription lenses, be sure to wear them at all times. See an eye doctor regularly to make sure your prescription is up-to-date. Remove any reading glasses before climbing the stairs.
- **Hold On** – Stairs should have at least one secure handrail that can support a person's full weight. While a wall may provide some balance support, it won't help you if you fall forward. Install a second handrail for extra support on both sides of the stairs.
- **Find Good Footwear** – Slips and trips happen most often when going barefoot or wearing socks. Invest in a solid pair of house shoes with rubber soles that won't fall off when walking or climbing the stairs.
- **Take Your Time** – Don't hurry up or down the stairs. Whether the phone is ringing or someone is at the door, rushing to answer them isn't worth a fall or injury. Also, be careful when carrying things from floor to floor. If you have a big load, ask someone to help you or take a few trips with smaller loads.
- **Stay Active** – The best thing you can do to avoid a fall is to stay physically active. Improving flexibility and strengthening leg and core muscles are good ways to improve balance, and in turn make it easier to keep yourself from falling if you trip. Yoga, tai chi and light strength training are good options. It's wise to talk to your doctor before starting any kind of new exercises.

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- **Talk to Your Doctor** – If you have a medical condition such as arthritis or take medication that affects your balance, talk to your doctor about how you can improve your situation. Your healthcare provider is the best resource for health information and guidance that's specific to your needs.

Inspiring Wellness Every Day at Lions Gate.

Lions Gate, located in Voorhees, NJ, offers a continuum of lifestyle and care options rooted in Jewish traditions and values. Whether you are in need of [Independent Living](#), [Assisted Living](#), [Memory Care](#), [Skilled Nursing](#) or [Rehabilitation Services](#), Lions Gate has you covered.

Our mission at Lions Gate is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to provide [programs and services](#) that inspire well-being as well as social, cultural and spiritual independence.

To learn more about Lions Gate's Unparalleled Lifestyle and Community Services, [contact us](#) today!

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