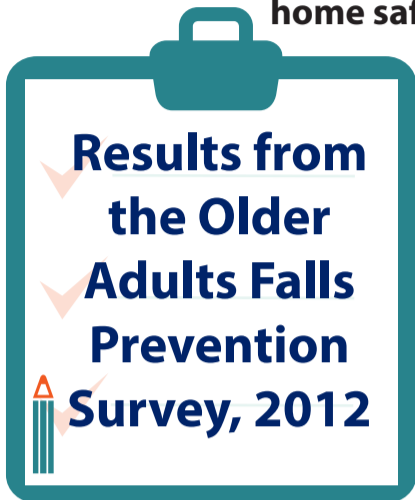




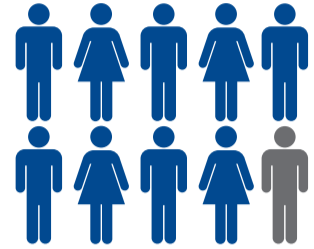
Falls Prevention Home Safety

Ottawa Public Health recommends seniors install and use home safety devices such as hand rails, grab bars, and night lights.



9 out of 10

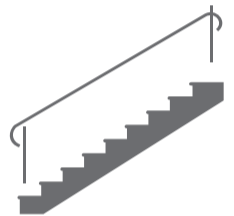
seniors think that installing and using home safety devices reduces their risk of falling.



87%



of seniors with stairs inside their homes or leading into their homes have railings along the entire length of one or both sides of the stairs.



52%



of seniors with small mats or area rugs on the floors inside their homes have all of them secured to the floor.



72%



of seniors have a rubber mat or non-slip surface on the floor of their shower.



50%



of seniors have grab bars or a rail in their bathtub or shower.



32%



of seniors regularly or occasionally need the help of another person or use walking aids to move about.



For more information on the Older Adults Falls Prevention Survey and falls prevention resources, go to Ottawa.ca/healthreports or call the Ottawa Public Health Information Line at 613-580-6744.