

Maine Falls Prevention Coalition

Falls Prevention Awareness

Social Media Suggested Posts



Home Safety

- Did you know? Keeping pathways clear of clutter can significantly reduce the risk of falls at home.
 - *Suggested Image/Graphic: A tidy living room with clear walkways.*
- Simple additions like grab bars in the bathroom can make a big difference in preventing falls. Stay safe!
 - *Suggested Image/Graphic: A person installing a grab bar in the bathroom.*
- Good lighting is key! Ensure staircases and hallways are well-lit to avoid trips and falls.
 - *Suggested Image/Graphic: Properly lit staircase with handrails.*
- Slippery floors? Anti-slip socks or shoes with good grip can help prevent falls. Keep your feet firmly on the ground!
 - *Suggested Image/Graphic: A pair of anti-slip socks.*
- Secure those rugs! Use non-slip backing or tape to keep rugs from slipping and causing falls.
 - *Suggested Image/Graphic: A rug with non-slip backing.*
- Organize your medications and keep them easily accessible to avoid accidents. A little order goes a long way!
 - *Suggested Image/Graphic: A person organizing a medicine cabinet.*
- Pets can be tripping hazards too! Ensure pet toys and beds are out of walkways.
 - *Suggested Image/Graphic: A pet lying in a bed in the corner of a room.*
- Regular exercise can improve balance and strength, reducing the risk of falls. Try adding balance exercises to your routine!
 - *Suggested Image/Graphic: A person demonstrating balance exercises.*
- Take a home safety walk! Regularly check for loose wires, uneven floors, and other hazards. Prevention is key! #
 - *Suggested Image/Graphic: A person inspecting their home for hazards.*
- Night lights can prevent falls during those late-night trips to the bathroom. Illuminate your path to safety!
 - *Suggested Image/Graphic: A person installing a night light in a hallway.*

Suggested Hashtags: #FallPrevention #FPAW #NCOA #FallsPreventionAwarenessDay #MFPC

