ULTRA FOOT CARE

WELLNESS / PATIENT RESOURCE 04

Stay steady at home

A fall-prevention guide for older adults and caregivers.

1 Make walking routes safer

- Clear clutter, loose rugs and electrical cords. Wipe up spills. Keep stairs and the route to the bathroom well lit.
- Use secure stair rails, bathroom grab bars and a non-slip bathing surface. Keep frequently used items within easy reach.

2 Support your balance

- Wear supportive, low-heeled shoes with non-slip soles. Avoid walking in socks on smooth floors. Have foot pain and numbness assessed.
- Ask about safe strength and balance exercises. Have vision checked and ask a pharmacist to review medicines that may cause dizziness.

3 Plan for help

- Keep your phone or personal alert device within reach. If you live alone, arrange regular check-ins with someone you trust.
- Tell a clinician about falls, near-falls or new dizziness. Ask whether a walking aid or a home safety assessment would help.

If you fall

Pause and check for injury before moving. Call 911 if you cannot get up, have severe pain or lost consciousness. Get immediate medical advice after a head strike or new/worsening pain. Tell someone about the fall even if you feel okay.

Questions or appointments: 587-882-8175 | Edmonton, Alberta

Ultraworldglobal@gmail.com

Health advice in Alberta: 811 (24/7). Medical emergency: 911.

Sources & further reading (click): MyHealth Alberta: Preventing falls; MyHealth Alberta: After a fall

General education; follow your individual care plan. Not a diagnosis or emergency service.

Prepared 17 November 2026 | Original patient summary; no source endorsement implied.