

# Prevent Falls

## Intellectual Disability = Increased Risk of Falling

People with ID usually have problems with movement and balance. They also tend to have less safety awareness.



### Medications:

Many medicines cause drowsiness, dizziness, and unsteady gait.



### Indoor Safety:

- Discourage throw rugs
- Remove clutter
- Keep floors dry and free of objects.
- Keep bathroom fixtures dry.



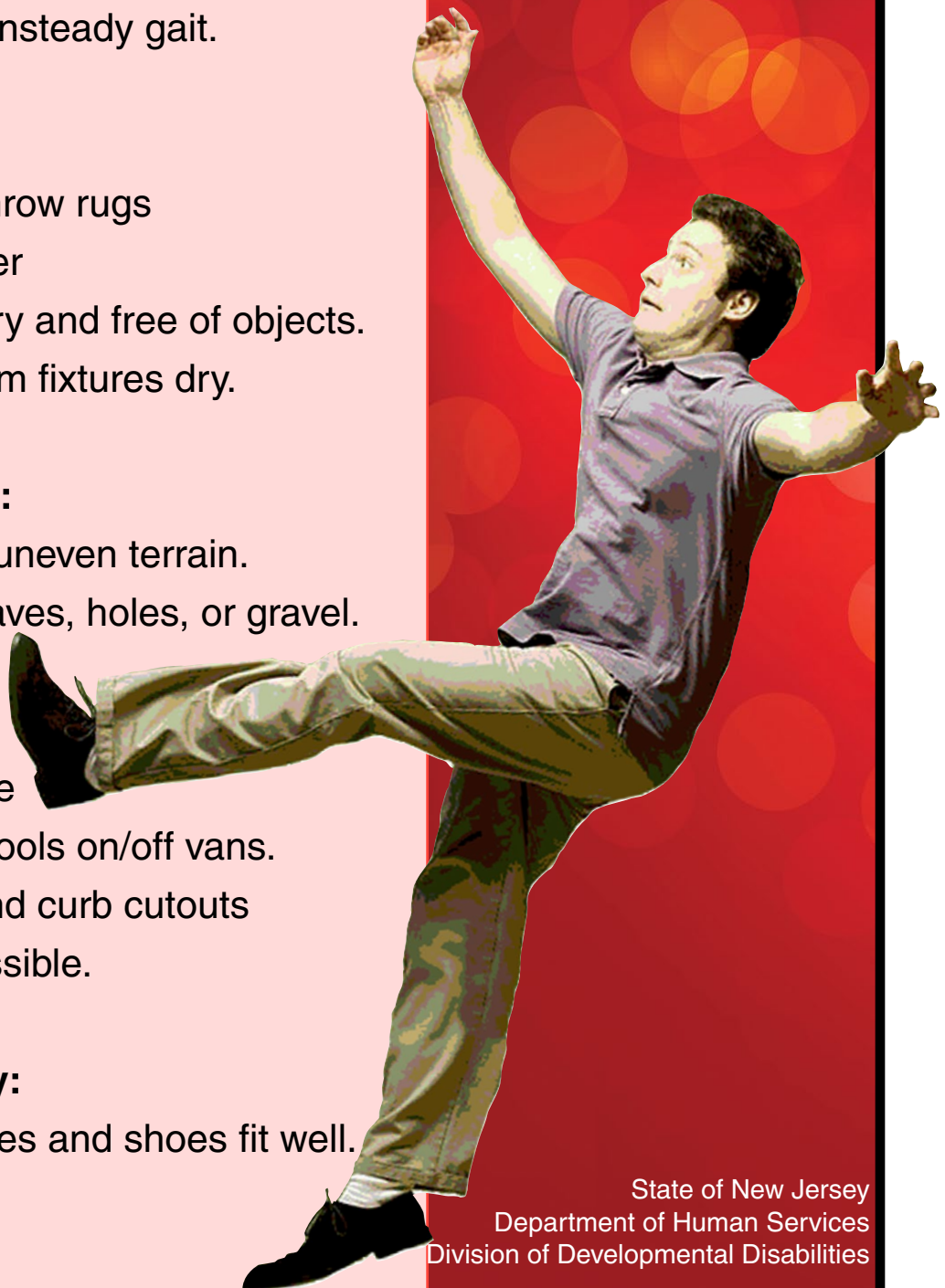
### Outdoor Safety:

- Be careful of uneven terrain.
- Avoid rain, leaves, holes, or gravel.
- Always use caution.
- Encourage the use of step stools on/off vans.
- Use ramps and curb cutouts whenever possible.



### Personal Safety:

Be sure all clothes and shoes fit well.



State of New Jersey  
Department of Human Services  
Division of Developmental Disabilities