

Uuga Hortag Dhicitaanka Guriga

Prevent Falls at Home

Here are some ideas to use in your home to help prevent falls.

Halkan waxaa ah fikrado aad ku isticmaali karto gurigaaga si aad uga hortagto dhicitaanka.

Floors

- Keep cords, furniture, and small objects out of walkways and off of stairs. **Do not** put electric cords under rugs.
- Large area rugs should have non-slip backing. If not, use double-sided tape to keep the rug securely attached to the floor. **Do not** use throw rugs.
- Remove carpet that is torn or has turned-up edges. Use low-pile carpet or solid flooring.
- Use bright tape or paint to mark areas where the floor surface changes, such as from carpet to solid floors. It is easy to fall when you walk from one type of flooring to another.

Sagxaddaha Dhulka

- Ka ilaali xadhkaha soohan, alaabta guriga iyo shayyada yaryar meelaha la maro iyo jaranjarada. **Ha** gelijn xargaha korontada roogaga hoostooda.
- Roogyada ku fidsan aagga weyni waa inay lahaadaan taageero aan simbiirixitaan lahayn. Haddaysan sidaas ahayn, isticmaal sharootada labada-dhinac wax uuga dhagta si aad roogaga si ammaan ah ugu dhejiso dhulka. **Ha** isticmaalin roogaga dacasadaha.
- Saar roogaga jeexjeexmay ama geesahoodu kor usoo kaceeyn. Istimaal rooga ay duntiisu hooseyso ama sagxad adag.
- Istimaal sharooto dhalaalaysa ama rinji si aad u calaamadisid meelaha sagxaddu iska bedesho, sida meesha u danbeysa ee rooga iyo meesha ay kabilaabmeysa sagxadaha adag. Way fududahay inaad dhacdo marka aad uga soo socoto hal sagxad dhuleed una gudubto mid kale.

Lighting

- Keep areas of your home well lit. Use night lights in bedrooms, bathrooms, and near stairs.
- Use switches that glow in the dark, so they can be seen more easily.
- Keep electrical cords and small things out of your path.

Iftiiminta

- Si fiican u iftiim aagagga gurigaaga. U isticmaal nalalka habeenkii qolalka jiiifka, musqulaha, iyo agagaarka jaranjaroooyinka.
- Istimaal meelaha ka daminta iyo ka daarida ee ku iftiima mugdiga, si loo arko si fudud.
- Ka ilaali xadhkaha korantada iyo waxyaalaha yaryar marinkaada jidka.

Stairs

- Place handrails on both sides of your stairs to help with going up and down stairs. These handrails should extend beyond the top and bottom stair.
- Try not to carry anything, or carry as little as possible, when you use the stairs.
- Use good lighting on the stairs. Apply non-slip surfaces to wood stairs to prevent sliding.
- Use bright tape or paint on the edge of each step, so they are more easily seen.

Furniture

- Be careful when you sit down. Make sure the backs of your legs are touching the seat of the chair behind you.
- Use chairs and furniture that are stable for your size and weight. Choose chairs that have armrests.
- Get help to move furniture that may block your walking path.

Bathroom

- Use non-skid decals or a mat in the tub or shower.
- Install grab bars around the toilet and in the shower or bathtub. Towel bars will break if you use them as grab bars.
- Use a tub seat and an elevated toilet seat.
- Leave the bathroom door unlocked, so it can be opened if you fall.

Jaranjarooyinka

- Ku meelee gacan-qabsiyo labada dhinac ee jaranjarooyinkaaga si ay caawinaad uga geystaan fuulida iyo ka soo degista jaranjarada. Gacan-qabsiyadan waa inay ka sii dheeraadaan meesha u sarreysa iyo meesha u hooseysa ee jaranjarada.
- Isku day inaad soo qaadan wax, ama aad soo qaadato waxa ugu yar ee suurtoogalka ah, marka aad isticmaalayso jaranjarooyinka.
- Ku isticmaal iftiimin wanaagsan jaranjarooyinka. Mari oogooyinka aan sambariiraxashada lahayn jaranjarooyinka alwaaxyada ka sameysan si aad uuga hortagto simbiirixashada.
- Mari sharooto dhalaalaysa ama rinji cidhifka tallaabo kasta, si si fudud loogu arko.

Alaabta guriga

- Taxadar markaad fadhiisato. Hubi in dhabarka lugahaagu ay taabanayaan meesha fadhiisadka ee kursiga kaa gadaaleeyo.
- Istickmaal kuraas iyo alaab guri kuwaas oo u xassilnaan kara cabbirkaaga iyo miisaankaaga. Doorro kuraas leh gacmo saar leh.
- Hel caawimo si aad u dhaqaajiso alaabta guriga ee laga yaabo inay xannibto jidkaada socodka.

Qolka musqusha

- Ku isticmaal istiikaro aan taraarax lahayn ama gogol tubbada ama musqusha qubayska.
- Ku rakib biraha qabsashada agagaarka musqusha iyo gudaha musqusha qubeyska ama barkada qubeyska ee ku dhex yaasha musqusha. Biraha shukumaanka la saaro ayaa jebi doona haddii aad u isticmaashid sida biraha qabsashada.
- Istickmaal kursiga tubbada iyo kursiga musqusha ee saro loo qaaday.
- Uga tag albaabka musqusha isagoo furan, si loo furo haddii aad kufto ama dhacdo.

Bedroom

- **Do not** wear long nightgowns or robes. These can cause you to trip.
- **Do not** wear loose shoes that cause you to shuffle your feet when you walk. Wear non-slip shoes or slippers that fit well and stay securely on your feet.
- Sleep in a bed that is easy to get into and out of.
- Place a lamp, telephone, and flashlight near your bed in case you need them during the night.

Kitchen

- Place items you use often at counter level or within easy reach.
- Use a sturdy step stool with a handrail to reach items on high shelves. **Do not** climb on the counter or use chairs.
- Wear non-slip shoes in the kitchen to avoid falls.

Outside your home

- Leave outside lights on at night to prevent falls if you are out after dark.
- Get help to repair cracks in your pavement and fill holes in your lawn.
- Get help to remove rocks, tools, snow, wet leaves, and ice on your outside walkways and stairs.

Qolka jiifka

- **Ha** xidhan dharka habeenkii la xirto ama kuwo gogosha oo dhaadheer. Kuwani waxay kugu keeni karaan kufitaan.
- **Ha** xidhan kabo dabacsan kuwaas oo kugu keeni kara iney cagahaaga is-daba marmaraan markaad socoto. Xiro kabo aan sibiibiq lahayn ama dacas kuwaas oo si fiican kuugu habboon oo cagahaadana si ammaan ah ugu jiri karaan.
- Ku seexo sariir si fudud loo geli karo loogana soo bixi karo.
- Dhig laambada, telefoonka, iyo tooshka sariirtaada agteeda si aad u isticmaasho haddii aad u baahato inta lagu jiro habeenkii.

Jikada

- Dhig alaabta aad inta badan isticmaashid khaanadaha hoose ama meel si sahlan aad u gaari karto.
- Isticmaal kursi adag oo leh bir gacan-qabsi si aad u gaadho alaabta saaran khaanadaha sare. **Ha** fuulin khaanadaha hoose ama ha isticmaalin kuraas.
- Ku xiro kabo aan sambariirix lahayn jikada dhexdeeda si aad uga fogaato dhicitaan.

Banaanka gurigaada

- Uga tag nalalka bannaanka ee habeenkii ayagoo shidan si aad uga hortagto dhicitaan haddii aad banaanka ku maqan tahay kadib waqtiga gudcurka.
- Caawinaad u hel si aad u hagaajiso dildilaaca wadada laamiga ee gurigaada soo gasho iyo buuxinta godadka ka banaan barxadaada cagaarka ah.
- Caawinaad u hel si aad uga saarto dhagxaanta, qalabyada, barafka budada ah, caleemaha qoyan, iyo barafka yaallan jidadkaaga iyo jaranjarooyinkaada bannaanka.

Other tips

- Be careful not to trip over pets. Be aware of where your pet is when you move around.
- Take your time. Do not rush to answer the phone or door, or to get up at night to use the bathroom.
- Always keep a telephone within reach. It may help to keep a mobile phone in your pocket or use an emergency alert necklace in case you fall and are unable to reach your phone.
- Consider using smart devices in your home that let you use your voice to call for help.
- If needed, use a cane or walker to give you support when you are walking.
- Ask for help when you get up if you feel shaky, weak, dizzy, or lightheaded.
- Talk to your health care provider about getting a fall risk assessment done. Providers such as physical therapists can do simple tests to measure your risk of falling.

Talk to your doctor or nurse if you have any questions or concerns.

Tallooyinka kale

- Ka taxaddar inaadan ku dul kufin xayawaanada la rabaayadeeyay. La soco meesha uu joogo xayawaankaada la rabaayadeeyay marka aad guriga dhex socoto.
- Qaado waqtigaaga. Ha ku degdegin inaad ka jawaabto wicitaanka taleefanka ama albaabka, ama inaad habeenkii soo kacdo si aad musqusha u isticmaasho.
- Had iyo jeer taleefoonka hakuu yaallo meel aad gaadhi karto. Waxaa laga yaabaa inay ku caawiso inaad ku haysato taleefanka jeebkaada ama aad isticmaasho silsilad wargelinta degdeg ah haddii aad dhacdo oo aanad awoodin inaad gaadho taleefankaaga.
- Tixgeli inaad isticmaasho aaladaha casriga ah ee gurigaaga yaallo kuwaas oo kuu oggolaanaya inaad isticmaasho codkaaga si aad ugu wacato caawinaad.
- Haddii loo baahdo, isticmaal bakooraad ama qalabka socodka ee afar lugoodka si uu ku siiyo taageero markaad socoto.
- Weydiiso caawinaad markaad kacdo haddii aad dareento gariir, daciifnimo, dawakhaad, ama dawakhsanaan iyo xooga suuxdin dareemid.
- Kala hadal bixiyaha daryeelkaada caafimaadkaaga sidii aad u samayn lahayd qiimaynta khatarta dhicista. Bixiyeyaasha sida dabiibayaasha jireedku waxay sameyn karaan baaritaanno fudud si ay u cabbiraan halista dhicistaada.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabto wax su'aalo ah ama walaacyo.