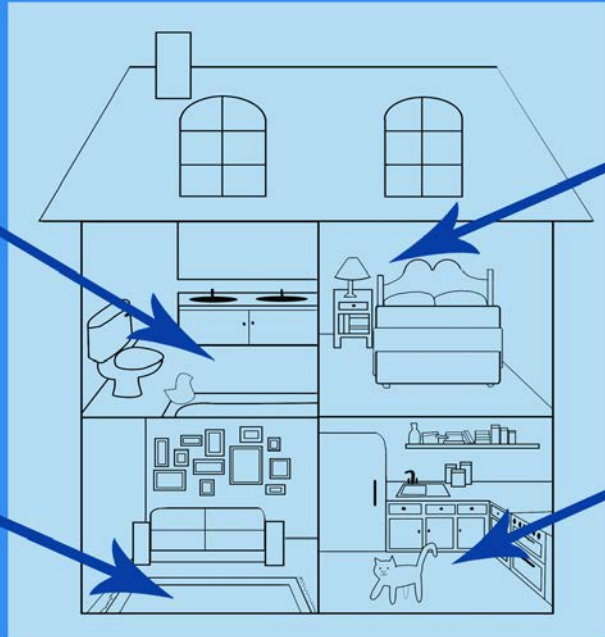


Tips for Safety at Home

Falls & Multiple Sclerosis

Information for Patients and Families

Falls commonly occur inside
Take steps to make your home safe



Clear way
to the
Bathroom

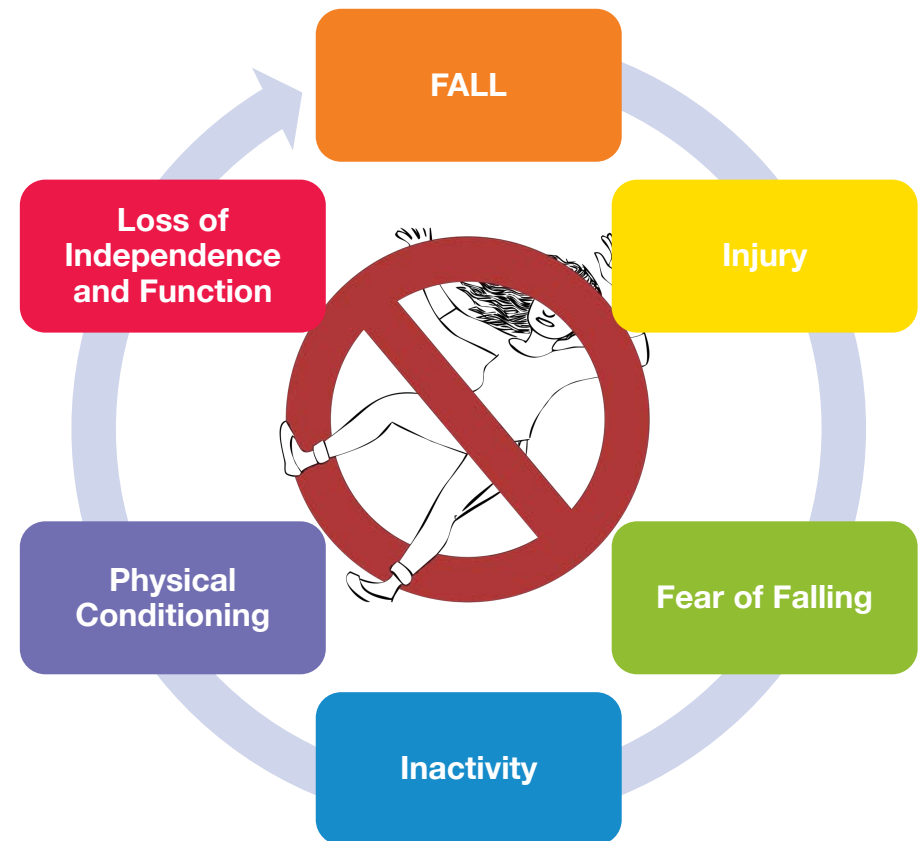
Night
Light

Avoid
Clutter
and
Rugs

Be
Aware
of
Pets

Did you know that...Over half of people with Multiple Sclerosis (MS) fall at least once every 6 months. Some of these falls can lead to injuries.

Falls can be prevented



Find a board-certified neurological specialist Physical Therapist:
<http://www.abpts.org/findaspecialist>

Or visit UCSF Faculty Practice:
Locations in Mission Bay, Mount Zion, Lakeshore
Tel: 415.353.7598

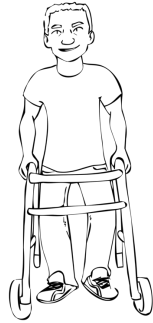
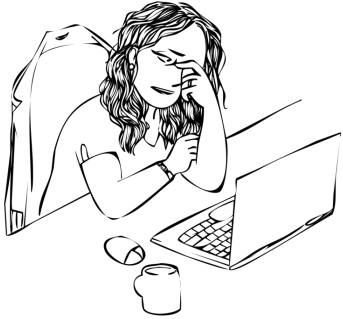
UCSF Multiple Sclerosis and
Neuroinflammation Center
Weill Institute for Neurosciences

Learn how you can reduce your risk of falls

Risk Factors

What Can You Do?

Fatigue



Fluctuating energy levels and poor sleep

Take breaks often and use assistive devices for longer trips

Decreased Attention and Multi-tasking



Difficulty concentrating and trying to do too many things at once

Planning is key to reducing falls. Dress while seated and don't text and walk

Impaired Balance and Muscle Weakness



Muscle spasticity and medication side effects

Go for a walk or do a seated exercise 2-3 times a week

Environment and Temperature



Falls often happen indoors and heat increases your symptoms

Stay cool by taking frequent breaks, have enough light and make sure floors are clear of obstacles