**Home Education for Patients at High Risk for Post-operative Falls**

* Review patient medications and identify those which affect balance and blood pressure
* Instruct on changing positions slowing
* Identify need for walking aids/instruct on consistent use of existing walking aid
* Instruct patient and family/surrogate to review home environment:
* Decrease clutter
* Ensure hallways/pathways are clear
* Ensure adequate lighting; consider adding nightlights in halls and stairwells
* Keep frequently used items within reach
* Wear non-skid footwear
* Remove area rugs, or ensure rugs are secured
* Consider use of non-skid mats in kitchen and bathrooms
* Consider adding safety supports such as grab bars in bathrooms