



CAREGIVER CONVERSATION STARTERS

Gentle ways to talk about fall prevention

Focus on Independence

- "I want you to keep doing the things you enjoy. These changes can help you stay active."
- "The safer the house is, the more freedom you'll have to move around without worry."

Share Your Concern

- "I worry about you falling when I'm not here. Can we make a few changes together?"
- "Your safety matters to me. I'd feel better knowing the house is set up to prevent falls."

Offer Partnership

- "Let's walk through the house together and see what might be tricky."
- "Can we try this out for a week and see if it makes things easier?"

Frame It Positively

- "These grab bars aren't just for safety. They make it easier to get up and down."
- "Wearing sturdy shoes inside helps you move around with more confidence."

Tip for Caregivers: Keep the tone supportive, not critical. Position fall prevention as a way to protect their independence, not limit it.

sandwichedkc.com | info@sandwichedkc.com | (816) 472-9178

