

FALLS AFTER REHAB: The Hidden Readmission Risk

THE 30-DAY DANGER ZONE

The weeks after rehab are one of the highest-risk periods for falls and rehospitalization. After surgery or therapy, seniors often return home weaker, fatigued, and unsure how to move safely in familiar spaces that suddenly feel risky.



FALL FACTS

- 1 in 3 adults age 65+ falls every year.
- Falls cause 3 million+ ER visits annually.
- Up to 40% of seniors fall within the first year after a hospital or rehab stay.



THE 3 MOST DANGEROUS MOMENTS AFTER REHAB

- Transitioning in and out of bed
- Bathing and toileting
- Nighttime trips to the bathroom

These are the moments when support makes the biggest difference.



POST-REHAB SAFETY CHECKLIST

- Remove trip hazards and improve lighting.
- Monitor gait and balance during daily tasks.
- Support safe transfers (bed, chair, toilet, shower).
- Encourage proper use of walkers and canes.
- Watch for dizziness or medication side effects.

Sources:
CDC, National
Council on Aging

Close the Gap Between Rehab and Real Life

Home care provides post-rehab safety checks, mobility support, and daily assistance to reduce fall risk and prevent avoidable readmissions—so recovery continues safely at home.



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