

*Set yourself free*



*As You Wish Organizing, LLC*

*Helping Seniors & Boomers Live the Life They Choose*

## Tips For Fall Prevention Checklist

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Falling in the home is a major concern for those with physical and cognitive issues and those who love and care for them. Normal aging causes diminished eyesight, slower reflexes, and balance problems. That, combined with home hazards like loose rugs, poor lighting and slippery floors and the incidence of falling can increase substantially.

Use the below check list to decrease your incidence of falling within your home.

### OUTSIDE THE HOME

- Walkways have an even surface (devoid of trip hazards).
- Stairs are sturdy and level.
- Handrails are provided (preferably on both sides of the staircase).
- Sufficient lighting is provided from dusk to dawn to navigate the walkway.
- Doorways are wide enough to pass through without straining, twisting, or turning.

### KITCHEN

- Room lights and task lights are sufficiently bright with switches located just inside the room.
- Everyday / regularly used items are located in the work zone to avoid the need for stools or ladders or bending over to retrieve what is needed.
- Excess floor rugs should be removed (best option) or tacked or taped into location to prevent tripping.

### LIVING ROOM

- Furniture should be spaced so as not to impede cane or walker use or spaced in such a way that the person can use the furniture as a steadying device as they ambulate throughout the room. NOTE: Use only furniture that is sturdy and will not tip as they lean against it.
- Assess the "favorite chair" to make sure it is easy to get in and out of.
- Light switches on lamps are easily reached from a seated position.
- Room lights are located at the doorway to prevent entering a dark room to find the switch.
- Telephones can be accessed from the favorite chair AND can be pulled to the floor in case of a fall.
- Floor rugs are removed, tacked or taped to the floor.

## BEDROOM

- When laying in bed, the table lamp can be easily accessed without leaning out of the bed to turn it on or off.
- Alarm clocks are also easily reached without leaning.
- Getting in and out of bed can be easily done (consider changing the height of the bed to better accommodate)
- Excess rugs are removed, tacked or taped to the floor.
- Bedding or curtains do not drape on the floor (Trip Hazard).
- A sturdy stool or chair is provided for dressing.

## BATHROOM

- If unable to navigate room with a walker, then outfit the room with handrails. Navigating a room does not mean turning the walker sideways and scotching into the room. NOTE: Towel rods cannot be used for handrails but handrails can be use as towel rods.
- Consider a seat riser if it's challenging to get on and off the toilet.
- Consider a tub seat and shower wand for bathing.
- Put handrails in the tub area.
- Have sufficient lighting (remember older eyes require much more light).
- Switches are located hear the door way.

## STAIRCASES

- Have a handrail that extends beyond the bottom and top step.
- Have good lighting with switches at top and bottom of the staircase.
- No loose carpeting on the stair treads.
- No overly thick carpeting on the stair treads.
- No items on staircase (books, laundry, items being returned to another room).
- Put brightly colored tape at the edge of each step if that step is difficult to discern do to poor lighting/poor eyesight.

**Want more ideas for home safety? Contact Terri for an In-home Safety Assessment. (586) 244-3071**