

# HOME SAFETY CHECKLIST

*Falls can lead to tragic loss of independence and mobility for older adults. Unfortunately, falling once doubles the chances of falling again. Simple modifications at home can reduce the risk for falls, which can also reduce the risk for hospitalization.*

## UTILIZE THIS CHECKLIST FOR INCREASING SAFETY AT HOME

### Living Areas

- Arrange furniture to create clear pathways, with room for a walker if needed.
- Install light switches at the entrance of rooms.
- Remove throw rugs.
- Ensure seating options have arm rests and are not too low, making it difficult to stand.

### Kitchen

- Remove throw rugs.
- Store food, dishes and any cooking equipment within easy reach.
- Repair any loose flooring immediately.
- Use dining chairs with armrests that are not too low or too high.

### Bedroom

- Clear clutter from the floor.
- Place a lamp or flashlight near the bed.
- Install nightlights from bedroom to bathroom path.
- Ensure bed is at appropriate height to get in/out safely.
- If needed, install a bedrail.

### Stairs and Steps

- Keep stairs clear of clutter.
- Ensure adequate light at both top and bottom of stairs.
- Put non-slip treads on stairs. A solid color shows the edge of steps more clearly.
- Install handrails on both sides.

### Bathroom

- Install grab bars on the walls near the toilet and along shower wall.
- Securely mount a liquid soap dispenser on the shower wall.
- Place a slip-resistant rug outside of the shower.
- Place a slip-resistant textured mat inside the shower.
- Use a sturdy, plastic shower chair in the tub.
- Provide stability on toilet with a raised toilet seat with armrests.