

How to Prevent Falls: A Home Safety Checklist



Falls can cause serious injury. Fortunately, most falls can be prevented. Use this checklist to find and fix all hazards in your home.

| | No | Yes | If Yes, Ways to Fix the Hazards: | Repair Person (Ex: family, neighbor) |
|--|--------------------------|--------------------------|---|---|
| BEDROOM | | | | |
| Is it hard to reach a light from your bed? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> Place a lamp or flashlight close to the bed. | |
| Is the path from your bed to the bathroom dark or cluttered? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> Use a night light to create a well-lit-path. Keep the path clear of objects. | |
| BATHROOM | | | | |
| Is the tub or shower slippery? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> Place a nonslip mat or self-stick strip in the bathtub and/or shower floor. | |
| Do you need support taking a bath, showering, or using the toilet? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> Install grab bars next to tub/toilet. Use a shower chair, bath bench, or raised toilet seat. | |
| KITCHEN and STORAGE | | | | |
| Do you struggle to reach items you use often? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> Keep items you use often in easy to reach places. If you must store outside of reach, use a step stool with a support bar. Never stand on a chair. | |
| FLOORS | | | | |
| Are there throw rugs, cords, objects you might trip over, furniture, or uneven flooring? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> Get rid of throw rugs or secure them with double-sided tape. Coil or tape electrical cords next to the wall. Clear objects from the floor or ask someone to move furniture to clear a path. Fix uneven floors/replace missing tiles. | |
| Is the floor slippery? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> Clean up spills right away. Avoid waxing your floors. | |

| | If Yes, Ways to Fix the Hazards: | | Repair Person (Ex: family, neighbor) |
|---------------------------------------|----------------------------------|--------------------------|--|
| STAIRS (IF ANY) | | | |
| | No | Yes | |
| Are there trip hazards on the stairs? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> • Clear the stairs of objects. • Secure any loose sections of carpet on the stairs. • Fix loose hand-rails. |
| Are the stairs hard to see? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> • Install or replace lighting in stairwells. • Place glow-in-the-dark tape on the edge of each step. |
| PETS (IF ANY) | | | |
| | No | Yes | |
| Are there pets in the home? | <input type="checkbox"/> | <input type="checkbox"/> | <ul style="list-style-type: none"> • Watch out for pets when you walk, especially at night. • Keep dog beds, litter boxes, and other pet items out of the way. |

LOCAL SENIOR RESOURCES

| Organization | Number |
|---|----------------|
| Agency on Aging (ADRC) * Ask about meal services * | 954-745-9567 |
| Broward Help Line | 211 |
| Community Care for the Elderly Program | 954-357-6622 |
| Department of Children and Families (SNAP and Medicaid) | 1-850-300-4323 |
| Elder Affairs | 954-745-9779 |
| Elder Helpline | 1-800-963-5337 |