



PREVENTING IN-HOME FALLS FOR SENIORS

According to the CDC, one in four adults age 65 and over falls each year, jeopardizing their health, mobility and independence. Reduce your loved one's in-home fall risks with these checklists.

AROUND THE HOME:

- Secure handrails on both sides of indoor and outdoor stairs. Remind your loved one to use them when going up and down.
- Place anti-slip tread or no-slip tape on stairs and non-carpeted floors.
- Make sure there is good lighting in all rooms and entranceways, at the tops and bottoms of stairs, and at each end of a long hallway. Light switches should be conveniently placed.
- Keep paths and walkways clear. Don't stack books, papers, clothes or shoes on the floor or stairs.
- Keep cords and wires near walls and away from walking paths.
- Secure carpets firmly so they don't slip or pose tripping hazards. Don't use throw rugs or small area rugs that cannot be secured.
- Arrange furniture (particularly low coffee tables and ottomans) so that it is easy to navigate around.
- Make sure your loved one's sofas and chairs are easy to get in and out of.
- Keep your loved one safely away from slippery, newly washed floors.
- Keep items your loved one often uses within easy reach.
- Discourage your loved one from standing on chairs or tables to reach something. Give them a "reach stick" grabbing tool to use and encourage them to ask for help.
- Make sure pets are not underfoot or in your loved one's path.
- Keep emergency numbers easily visible near all landlines and programmed in your loved one's cell phone.

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IN BATHROOMS AND POWDER ROOMS:

- Mount grab bars on both sides of toilets and on the inside and outside of tubs and showers.
- Place non-skid bath mats or no-slip strips on floors.
- Place no-slip strips on tub and shower floors.
- Install a sturdy shower chair and handheld showerhead. For tubs, consider a transfer bench to help your loved one enter and exit the tub safely.
- Install automatic nightlights.



IN YOUR LOVED ONE'S BEDROOM:

- Install light switches close to the door and next to the bed.
- Install nightlights near the doorway and walking paths.
- Place a telephone and/or emergency response system by the bed.

