

Checklist for Preventing Falls at Home

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and disability in people age 65 and older. Those who fall once are 2 to 3 times more likely to fall again. Hip fractures are especially serious, and most of them are caused by falling.

Falls are often caused by hazards that are easy to overlook. But these hazards can also be easy to fix. This checklist helps you find hazards in each room of your home, and it gives tips on how to fix the problem.

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Bedrooms

- Place a lamp close to the bed where it's easy to reach

Bathrooms

- Put a non-slip rubber mat on the floor of the tub or shower
- Install grab bars inside the tub and next to the toilet
- Use a night light

Kitchen

- Move items you use often to lower shelves
- Use a step stool that has a bar to hold on to

Floors

- Make sure you have a clear path and don't have to walk around furniture when walking through a room
- Use double-sided tape to prevent throw rugs from slipping
- Keep objects like papers, books, shoes, and boxes off the floor
- Tape cords and wires next to the wall so you can't trip over them

Stairs and Steps

- Keep stairs and steps free of objects and clutter
- Fix any uneven or loose steps
- Make sure there is a light over the stairway
- Make sure any carpet on the stairs is firmly attached to every step
- Use the hand rail when using the stairs

