

## Home Safety & Fall Prevention Checklist

Things you can do to make your home more safe and accessible:

- Remove any rugs, cords, and any other items that can become trip hazards
- Relocate items that are up high to lower more easily accessible shelves or spaces
- Declutter walkway paths for mobility devices, ie: walker, wheelchair, or scooter
- Ensure bed, chair, & toilet seat heights are at levels that allow for standing or transfers
- Verify living spaces and especially pathways are well lighted and switches are accessible
- Make sure all smoke and gas detectors are working and there is a plan for evacuation
- Install support rails or grab bars by toilets, tubs, showers, and steps to safely assist
- Reduce slippery floor hazards by wearing socks or shoes with slip resistant tread
- Reduce slip risks in shower or tub by installing slip resistant tread or floor treatment
- Install ramps at points of access to accommodate mobility where needed
- Install stair lifts or elevators for safe access to multi-story levels when necessary
- Ensure a safe adequate plan is in place for cooking, cleaning, laundry, and bathing
- Establish a daily system of “check-ins” for monitoring safety and any life care needs
- Consider needs for daily exercise, hydration, medications, pill management, & rest