

# Preventing Falls at Home

## *Disclaimer:*

*This information is intended for general educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider for information specific to your personal health situation.*

## WHY FALL PREVENTION MATTERS

Falls are one of the leading causes of injury—especially among older adults or those recovering from injury. Most falls happen at home, but many are preventable with a few simple changes. Proactively improving home safety can protect your independence and reduce the risk of serious injury.

## HOME SAFETY CHECKLIST

- Keep walkways clear: Remove clutter, cords, or rugs that may be tripping hazards.
- Good lighting: Ensure hallways, stairs, and bathrooms are well-lit. Use night lights where needed.
- Sturdy handrails: Have secure railings on both sides of stairways.
- Non-slip mats: Use these in the shower, bathtub, and bathroom floor.
- Grab bars: Install near toilets and inside the tub or shower.
- Furniture layout: Arrange furniture so it's easy to move around without bumping into anything.

## FOOTWEAR TIPS

- Choose shoes with non-slip soles and good support.
- Avoid slippers that are too loose or flip-flops that can catch on the floor.
- Wear shoes indoors if your floors are slippery.
- Avoid walking in just socks, especially on hardwood or tile.

## FALL-PROOFING COMMON AREAS

- Living room: Keep cords tucked away and remove low furniture that could cause trips.
- Kitchen: Store frequently used items within easy reach to avoid using step stools.
- Bedroom: Make sure there's a clear path to the bed and light switches are easy to access.
- Stairs: Ensure they are free of clutter and have secure, easy-to-grip handrails.
- Bathroom: Use non-slip surfaces and consider adding a shower chair or raised toilet seat if needed.

## FINAL THOUGHTS

A few thoughtful changes at home can go a long way in reducing the risk of falls. If you're unsure where to start, a physical therapist or occupational therapist can assess your space and make personalized recommendations. Taking steps now can help you or your loved ones stay safe, mobile, and independent.