



Our care for you doesn't stop when you leave the hospital. We want you to be safe and healthy at home, too! We offer this checklist as a way to evaluate your home for hazards – so that you may prevent falls and continue living your healthiest best.

Things You Can Do at Home to Prevent Falls

- ✓ Exercise regularly to become stronger and improve your balance and coordination.
- ✓ Have your doctor or pharmacist look at all the medicines you take, even over-the-counter meds.
- ✓ Have your vision checked at least once a year by an eye doctor.
- ✓ Wear shoes both inside and outside of the house.
- ✓ Make sure your home is adequately lit.
- ✓ Use reflecting tape at the top and bottom of stairs.
- ✓ Paint doorsills a different color to prevent tripping.
- ✓ Place a bell on your dog's or cat's collar.
- ✓ If you use eyeglasses or a hearing aid, wear them and keep them clean.
- ✓ When standing up after lying down or sitting, rise up slowly and stand for a moment before walking.

Floors – Move the furniture in your home so your path is clear. Remove throw rugs or else use double-sided tape or a nonslip backing. Pick up papers, magazines, books, shoes, boxes and other objects from the floor. Plug electrical cords into nearby outlets so that cords do not lie across walkways, and keep walkways clear of all tripping hazards.

Stairs and Steps – Consider hiring a handyman to fix loose or uneven steps, add a bulb or light fixture near the stairs, and fix loose handrails or install new ones. Make sure the carpet is firmly attached.



Kitchen – Move items in your cabinets so that things you use often are on the lower shelves, about waist high. If you must use a stepstool, make sure it is steady and strong.



Bedrooms – Place a lamp close to the bed where it is easy to reach, and install a night-light so you can see where you're walking.

Bathrooms – Put a nonslip rubber mat or self-stick strips on the floor of the tub or shower. Install a grab bar inside the tub area or shower stall, and next to the toilet.

