

# Fall Prevention

## SAFETY CHECKLIST

### Common Areas

- Remove clutter, cords, and loose rugs from walkways
- Ensure furniture is arranged for easy movement
- Add non-slip pads under rugs or remove them
- Keep frequently used items within easy reach

### Stairs & Steps

- Install secure handrails on both sides of stairs
- Mark the edge of steps with bright, contrasting tape
- Keep stairs clear of objects
- Check for uneven or broken steps and repair promptly

### Lighting

- Use nightlights in hallways, bathrooms, and bedrooms
- Ensure stairways and entrances are well lit
- Replace burned-out bulbs promptly
- Consider motion-sensor lights for extra safety

### Bathroom

- Install grab bars near toilet and shower/tub
- Use a non-slip bath mat inside and outside the tub/shower
- Consider a shower chair and handheld showerhead
- Keep essentials (soap, shampoo, towels) within easy reach

### Bedroom

- Place a lamp or light switch near the bed
- Keep a flashlight within reach
- Remove clutter from pathways to bathroom
- Ensure bed height is safe and easy to get in/out of

### Health & Lifestyle

- Review medications for dizziness or drowsiness side effects
- Get regular vision and hearing checkups
- Stay active with balance and strength exercises
- Drink enough water and eat balanced meals



### How A Homemade Plan Can Help

Home Safety Checks to identify fall risks  
Personal Care Assistance for bathing, dressing, and mobility  
Companionship & Supervision to reduce risk of accidents  
Transportation Support for safe doctor visits and errands

[www.AHomemadePlan.com](http://www.AHomemadePlan.com)

(888) 610-2643