**Home Modifications to Reduce the Risk of Falls**

Home modifications can significantly reduce the risk of falls, allowing individuals to maintain their independence and safety at home. Consider working with a trained professional, such as a physical therapist to assess the home and get some recommendations for effective home modifications. Here are some key modifications to consider:

**\*Bathroom Safety**

The bathroom is a high-risk area for falls. Important modifications include:

-Installing grab bars near toilets and in showers/bathtubs

-Placing non-slip mats or strips in tubs and shower

-Using a shower seat and handheld showerhead for safer bath

**\*Lighting Improvements**

-Proper lighting is crucial for preventing falls/

-Install bright, non-glare lightbulbs throughout the home.

-Add night lights or motion-sensor lights in hallways, bedrooms, and bathrooms.

-Ensure light switches are easily accessible at room entrances.

**\*Flooring and Walkways**

-Modifying floors and pathways can eliminate tripping hazards.

-Remove throw rugs or secure them with non-slip backing.

-Keep floors clear of clutter, electrical cords, and other obstacles. -

-Ensure carpets are firmly fixed to the floor.

-Add non-slip strips to wooden or tile floors

**\*Stairway Safety**

-Stairs pose a significant fall risk. Consider these modifications.

-Install handrails on both sides of staircases.

-Ensure proper lighting with switches at both top and bottom of stairs[.](https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358)

-Add non-slip treads to steps[.](https://rehabpub.com/gait-balance/home-modifications-for-fall-prevention/)

**\*Furniture Arrangement**

-Thoughtful furniture placement can improve safety.

-Arrange furniture to create clear pathway.

-Place a sturdy chair in the bedroom for dressing.

-Ensure chairs and sofas are at appropriate heights for easy sitting and standing.

[7](https://www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room" \t "_blank)

\***Kitchen Modifications**

-In the kitchen, focus on accessibility.

-Keep frequently used items within easy reach[.](https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358)

-Use a stable step stool with handrails if needed.

-Clean up spills immediately to prevent slipping.

\*Additional Safety Measures

-Other helpful modifications include:

-Installing ramps for exterior entrances if needed[.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8246567/)

-Using assistive devices like raised toilet seats or shower chairs[.](https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358)

-Considering a medical alert system for emergency assistance.

[1](https://www.ncoa.org/article/how-to-prevent-falls-with-home-safety-modifications/" \t "_blank)

[2](https://gero.usc.edu/2022/08/05/prevent-falls-with-home-safety-modifications/" \t "_blank)