



*Safe at Home*  
PHYSIOTHERAPY

# PREVENTING FALLS AT HOME CHECKLIST

## External Factors

- Ensure adequate lighting and use night lights in hallways and bathrooms
- Wear proper fitting footwear with good soles or wear non-slip socks
- Decrease clutter in room and don't store items on the floor
- Use proper equipment such as walkers, grab bars, bedrails, reachers
- Secure cords & rugs or remove

## Internal Factors

- Keep good physical strength & consider a walking program
- Check your blood pressure regularly
- See a physiotherapist for balance exercises & proper mobility devices
- Wear your glasses, hearing aids & dentures
- Have your medications reviewed
- Limit alcohol and cannabis consumption