

SUBON HOME CARE



Fall Prevention Checklist for Seniors at Home

Creating a Safer Home for Your Loved Ones

Introduction

Falls are a leading cause of injury among seniors, but many falls can be prevented by making simple adjustments at home. This checklist is designed to help you assess and improve your loved one's living environment, reducing the risk of falls and ensuring their safety. At SuBon Home Care, we prioritize proactive care and safety for seniors, and this guide is part of our commitment to supporting families like yours.



Checklist for Fall Prevention at Home

1. General Home Safety

- **Ensure Proper Lighting:**
 - Install bright, even lighting throughout the home.
 - Use nightlights in hallways, bathrooms, and bedrooms.
 - Place easy-to-reach light switches near doorways.
- **Secure Rugs and Carpets:**
 - Remove throw rugs or use non-slip pads underneath.
 - Repair loose carpeting or flooring.
- **Clear Clutter:**
 - Keep walkways free of cords, shoes, and other items.
 - Avoid overcrowding rooms with furniture.

2. Bathroom Safety

- **Install Grab Bars:**
 - Place grab bars near the toilet, shower, and bathtub.
 - Ensure they are securely attached to the wall.
- **Use Non-Slip Mats:**
 - Place non-slip mats inside and outside the bathtub or shower.
 - Ensure the bathroom floor remains dry and clean.
- **Elevate the Toilet Seat:**
 - Install a raised toilet seat to make sitting and standing easier.

3. Bedroom Safety

- **Bed Height:**
 - Adjust the bed to a comfortable height for getting in and out safely.
- **Clear Pathways:**
 - Ensure there is a clear path from the bed to the bathroom or door.
 - Keep essential items like glasses, water, and medications within reach on a bedside table.
- **Install Bed Rails:**
 - Add bed rails if necessary for extra support during movement.

4. Living Room and Common Areas

- **Arrange Furniture for Mobility:**
 - Leave plenty of space between furniture for easy navigation.
 - Avoid sharp-edged furniture in high-traffic areas.
- **Eliminate Tripping Hazards:**
 - Move electrical cords against walls or use cord covers.
 - Secure thresholds and doorway transitions.
- **Keep Frequently Used Items Accessible:**
 - Store remote controls, phones, and other essentials within easy reach.

5. Kitchen Safety

- **Organize Storage:**
 - Keep frequently used items at waist or shoulder height to avoid the need for reaching or bending.
 - Use step stools with handrails for accessing high shelves.
 - **Maintain Clear Floors:**
 - Wipe up spills immediately to prevent slipping.
 - Remove mats or ensure they have non-slip backing.
 - **Avoid Overloading Appliances:**
 - Check cords and plugs for fraying or damage.
 - Keep pathways around appliances clear.
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6. Stairs and Hallways

- **Install Handrails:**
 - Ensure handrails are sturdy and present on both sides of staircases.
 - **Mark Edges:**
 - Use brightly colored tape to mark the edges of steps.
 - **Keep Steps Clear:**
 - Remove any objects or debris from stairs and hallways.
 - **Add Non-Slip Treads:**
 - Use non-slip treads or carpet on stairs to improve traction.
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7. Outdoor Areas

- **Inspect Walkways:**
 - Repair cracks or uneven surfaces on sidewalks and driveways.
 - **Ensure Proper Lighting:**
 - Install motion-sensor lights near entryways and pathways.
 - **Clear Outdoor Clutter:**
 - Remove tools, garden hoses, and other items from walking paths.
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Additional Tips for Fall Prevention

- **Regular Exercise:** Encourage your loved one to engage in balance and strength-building activities to improve stability.
 - **Proper Footwear:** Ensure they wear supportive, non-slip shoes inside and outside the home.
 - **Routine Vision Checks:** Schedule regular eye exams to ensure optimal vision.
 - **Medication Review:** Consult with their doctor about medications that may cause dizziness or drowsiness.
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How SuBon Home Care Can Help

At SuBon Home Care, we offer personalized care services that prioritize your loved one's safety and comfort. Our trained caregivers can assist with:

- Home safety assessments to identify potential fall hazards.
 - Daily tasks to reduce the risk of accidents.
 - Mobility assistance to improve confidence and independence.
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Download Your Free Fall Prevention Checklist

Empower yourself with this step-by-step guide to creating a safer home for your loved ones. Download now and take the first step toward peace of mind.

Visit SuBonHomeCare.com or call **571-470-7541** for more information about our services and how we can support your family.

Your loved one's safety is our top priority.