



FALL PREVENTION

Home Safety Checklist

Falls don't have to be a normal part of getting older. Use this checklist to walk through your home – or the home of someone you love – and find simple changes that can help make everyday living safer.

Start at the Front Door

- ☐ Are walkways even & free from clutter?
- ☐ Are steps easy to see?
- ☐ Are handrails secure?
- ☐ Is the entrance well lit?
- ☐ Can the door be reached without navigating around obstacles?

Stairs & Hallways

- ☐ Are handrails secure?
- ☐ Are stairs & hallways well lit?
- ☐ Are steps free of clutter?
- ☐ Are the edges of stairs easy to see?
- ☐ Are light switches easily accessible?

Living Room

- ☐ Are walking paths clear?
- ☐ Are electrical cords out of walkways?
- ☐ Have loose rugs been removed or securely fastened?
- ☐ Is furniture arranged to provide plenty of walking space?
- ☐ Are frequently used items within easy reach?
- ☐ Is there adequate lighting?

Kitchen

- ☐ Are frequently used dishes & foods within easy reach?
- ☐ Can items be reached without climbing on a chair or stool?
- ☐ Are spills cleaned up promptly?
- ☐ Are floors free of loose rugs & clutter?
- ☐ Is lighting bright enough to see clearly?

Bathroom

- ☐ Are grab bars installed where appropriate near the toilet & shower?
- ☐ Are shower & tub surfaces non-slip?
- ☐ Is there adequate lighting?
- ☐ Is there a nightlight for nighttime bathroom visits?
- ☐ Are towels & toiletries within reach?
- ☐ Would a shower chair or other safety equipment be helpful?

Bedroom

- ☐ Is there a clear path from the bed to the bathroom?
- ☐ Is a lamp or light switch within reach of the bed?
- ☐ Are shoes or slippers easy to reach?
- ☐ Are cords & clutter away from walking paths?
- ☐ Is the bed easy to get in & out of?
- ☐ Is there a nightlight?

Now Check the Person, Not Just the Home

A safer environment is only one part of fall prevention. If you have concerns about falls, balance, medications, vision, mobility, or appropriate safety equipment, talk with your healthcare provider.

Strength & Balance

- ☐ Have you noticed changes in walking or balance?
- ☐ Is getting up from a chair becoming more difficult?
- ☐ Are you participating in appropriate physical activity?
- ☐ Have you asked your healthcare provider whether strength or balance exercises could help?

Footwear

- ☐ Do shoes fit properly?
- ☐ Do they have good traction?
- ☐ Do they stay securely on your feet?
- ☐ Are you avoiding slippery socks and loose-fitting slippers?

Vision

- ☐ Have you had a recent eye exam?
- ☐ Is your eyeglass prescription current?
- ☐ Can you clearly see steps and changes in flooring?

Don't Ignore a Fall or Near Fall

Talk with your healthcare provider if you:

- ☐ Have fallen or nearly fallen recently
- ☐ Feel unsteady when standing/walking
- ☐ Experience dizziness
- ☐ Have become afraid of falling
- ☐ Have noticed a change in strength or mobility

A fall or near fall may be an opportunity to identify a problem before it becomes more serious.

Medications

- ☐ Have your medications been reviewed recently?
- ☐ Have you experienced dizziness or unusual sleepiness?
- ☐ Do you know whether any medications may affect your balance?
- ☐ Ask your physician or pharmacist to review prescriptions and over-the-counter medications.

**FALL PREVENTION ISN'T ABOUT TAKING AWAY INDEPENDENCE.
IT'S ABOUT HELPING YOU PROTECT IT.**

One small change can make a big difference. Choose **three things** from this checklist to address this week and then revisit regularly as needs change.

Contact us to learn how Mustang Creek Estates supports safer, more confident living.

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