Fall Prevention Checklist
SeniorSafetyAdvice.com

General Fall Prevention Measures

	Schedule regular check-ups with your doctor to review medications, vision, and overall health
	Exercise regularly to improve strength, balance, and flexibility
	Wear properly fitting, sturdy shoes with non-skid soles
	Use assistive devices like canes or walkers if recommended by your healthcare provider
	Keep emergency numbers in large print near each phone
	Consider wearing a medical alert device
	Ensure adequate lighting throughout the home
	Rise slowly from sitting or lying down positions

Entryway and Outdoor Areas

	Install bright lighting at all entrances
	Ensure steps have sturdy handrails on both sides
	Keep walkways, steps, and driveways free of clutter, ice, and snow
	Repair any uneven surfaces on walkways or patios
	Use contrasting paint colors on step edges for better visibility
	Install a bench near the door for putting on/removing shoes

Kitchen

	Keep frequently used items within easy reach
	Use non-slip mats near the sink and stove
	Clean up spills immediately
	Ensure good lighting, especially over work areas
	Consider using a sturdy step stool with a handrail for reaching high shelves

Bathroom

	Install grab bars near the toilet and in the shower/bathtub
	Use non-slip mats in and outside the shower/bathtub
	Consider a shower chair or hand-held showerhead
	Install a raised toilet seat or toilet riser
	Ensure adequate lighting, including a night light

Living Room

	Arrange furniture to create clear pathways of at least 3 feet wide
	Secure loose rugs with double-sided tape or remove them entirely
	Keep electrical cords and wires away from walking areas
	Ensure chairs and sofas are at an appropriate height for easy standing
	Install light switches at room entrances
	Remove clutter from the floor
	Consider installing handrails along walls for additional support
	Use chairs with armrests to make sitting down and standing up easier
	Ensure adequate lighting throughout the room, including task lighting for reading areas
	Keep remote controls, books, and other frequently used items within easy reach
	If you have a coffee table, ensure it has rounded edges to prevent injury from bumps
	Consider using furniture with contrasting colors to make edges more visible
	Keep pet toys and beds out of walkways
	If you have a fireplace, ensure the hearth is clearly visible and consider padding sharp edges
	Use nightlights to illuminate pathways for nighttime navigation
	Keep a telephone within easy reach of your favorite seating area
	Consider installing motion-sensor lights for automatic illumination when entering the room

Bedroom

	Place a lamp and phone within reach of the bed
	Use night lights to illuminate the path to the bathroom
	Keep a flashlight by the bed
	Consider using a bed rail for support when getting in/out of bed

Stairs and Hallways

	Ensure handrails are secure on both sides of staircases
	Keep stairs free of clutter
	Ensure adequate lighting with switches at both top and bottom of stairs
	Consider installing motion-sensor lights
	Mark the top and bottom steps with contrasting tape for better visibility

Laundry Room

	Ensure the floor is dry and use non-slip mats
	Keep laundry supplies within easy reach
	Ensure good lighting in the area

Basement

	Ensure adequate lighting throughout
	Keep pathways clear of clutter
	Secure any loose carpeting on stairs

Garage

	Keep the floor clear of oil or grease
	Ensure good lighting, including motion-sensor lights
	Store frequently used items within easy reach

Backyard, Patio, and Porch

	Keep walkways clear and in good repair
	Ensure adequate outdoor lighting
	Secure or remove loose rugs on porches or patios
	Keep gardening tools stored safely when not in use

Getting In & Out Of A Car

	Park on level ground whenever possible to minimize balance challenges.
	Open the car door fully and use it for support when entering or exiting.
	Consider using assistive devices like a HandyBar or swivel seat cushion to make transfers easier.
	Wear appropriate, non-slip footwear for better traction.
	Consider using ergonomic aids like seat belt grabbers or extenders if reaching is difficult.
	Ensure the area around the vehicle is clear of obstacles before entering or exiting.
	If using a mobility aid like a walker, position it safely near the car door before transferring.

Pool Area (if applicable)

	Install non-slip surfaces around the pool
	Keep the pool area well-lit
	Ensure pool chemicals are stored safely and out of the way
	Consider installing handrails for entering and exiting the pool

Senior Friendly Furniture Tips

	Appropriate Height: Select chairs, sofas, and beds with proper seat heights. The ideal seat height is typically between 17-19 inches, allowing seniors to sit down and stand up with ease. Avoid furniture that's too low or too high.
	Sturdy Construction: Opt for furniture with solid construction that can support weight without wobbling. Stability is crucial to prevent accidents when seniors use furniture for support.
	Supportive Cushions: Choose furniture with firm, supportive cushions. High-density foam cushions provide better support and make it easier for seniors to stand up compared to soft, sinking cushions.
	Armrests: Chairs and sofas with sturdy armrests offer additional support for sitting and standing. Ensure the armrests are at a comfortable height and easily graspable.
	Recliner Options: For those who enjoy recliners, consider electric lift chairs. These chairs have motors that tilt forward, assisting seniors in standing up safely.
	Rounded Edges: Select furniture with rounded corners and edges to reduce the risk of injury in case of falls or bumps.
	Easy-to-Clean Materials: Choose furniture upholstered with easy-to-clean, stain-resistant fabrics like leather or microfiber. This makes maintenance simpler and helps maintain a hygienic environment.
	Avoid Wheels: Steer clear of furniture with wheels or casters, as these can move unexpectedly and cause falls. If wheels are necessary, ensure they have locking mechanisms.
	Adjustable Features: Consider furniture with adjustable features, such as adjustable-height tables or beds with adjustable headrests, to accommodate changing needs.
	Color and Contrast: Select furniture colors that contrast with flooring and walls to improve visibility and depth perception.

Products That Can Help To Prevent You From Falling

1. Mobility Aids:

- Canes (standard, quad canes, folding canes)
- Walkers (standard, front-wheeled, rollators)
- Wheelchairs
- Scooters

2. Bathroom Safety:

- Grab bars
- Shower chairs and bath benches
- Raised toilet seats
- Non-slip bath mats
- Handheld shower heads
- Toilet safety frames

3. Bedroom and Living Room:
- Adjustable beds
- Bed rails
- Lift chairs and recliners
- Fall mats (for bedside)

4. Lighting:
- Motion sensor lights
- Night lights
- Improved overall lighting

5. Flooring and Stairs:
- Non-slip floor mats and rugs
- Stair treads
- Handrails for stairs

6. Reaching Aids:
- Reachers and grabber tools
- Long-handled shoe horns
- Dressing aids

7. Footwear:
- Non-slip socks with treads
- Properly fitting shoes with good traction

8. Exercise and Balance Equipment:
- Balance boards
- Stability trainers
- Exercise balls
- Resistance bands

9. Transfer Aids:
- Transfer benches for bathtubs
- Gait belts
- Stand-assist devices

10. Personal Alarms:
- Medical alert systems
- Wearable fall detection devices

11. Home Modifications:
- Ramps for entryways
- Stairlifts
- Widened doorways for walker/wheelchair access

12. Kitchen Aids:
- Step stools with handrails
- Reaching tools for high shelves

13. Furniture Modifications:
- Furniture risers
- Chair and couch lift assists

14. Vision Aids:
- Magnifiers
- Improved prescription glasses

15. Medication Management:
- Pill organizers with alarms

This list covers a wide range of products that can help seniors maintain their independence while reducing the risk of falls in various areas of their home and daily life.