Home safety and fall prevention checklist

A room-by-room check to make home safer and reduce falls.

Throughout the home

- ☐ Remove throw rugs and clutter from walkways
- ☐ Night lights from bedroom to bathroom
- ☐ Cords out of walking paths
- ☐ Sturdy chairs with arms

Bathroom

- ☐ Grab bars by the toilet and in the shower
- ☐ Non-slip mat
- ☐ Shower chair and hand-held shower
- ☐ Raised toilet seat if needed

Stairs and entries

- ☐ Handrails on both sides
- ☐ Good lighting with switches at top and bottom
- ☐ Clear, even steps

Person

- ☐ Ask the doctor to review medications that cause dizziness
- ☐ Vision and hearing checked
- ☐ Ask about physical therapy for strength and balance
- ☐ Medical alert device or daily check-in

Licensed local helpers for grab bars and repairs: novitaway.com/helpers/

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