

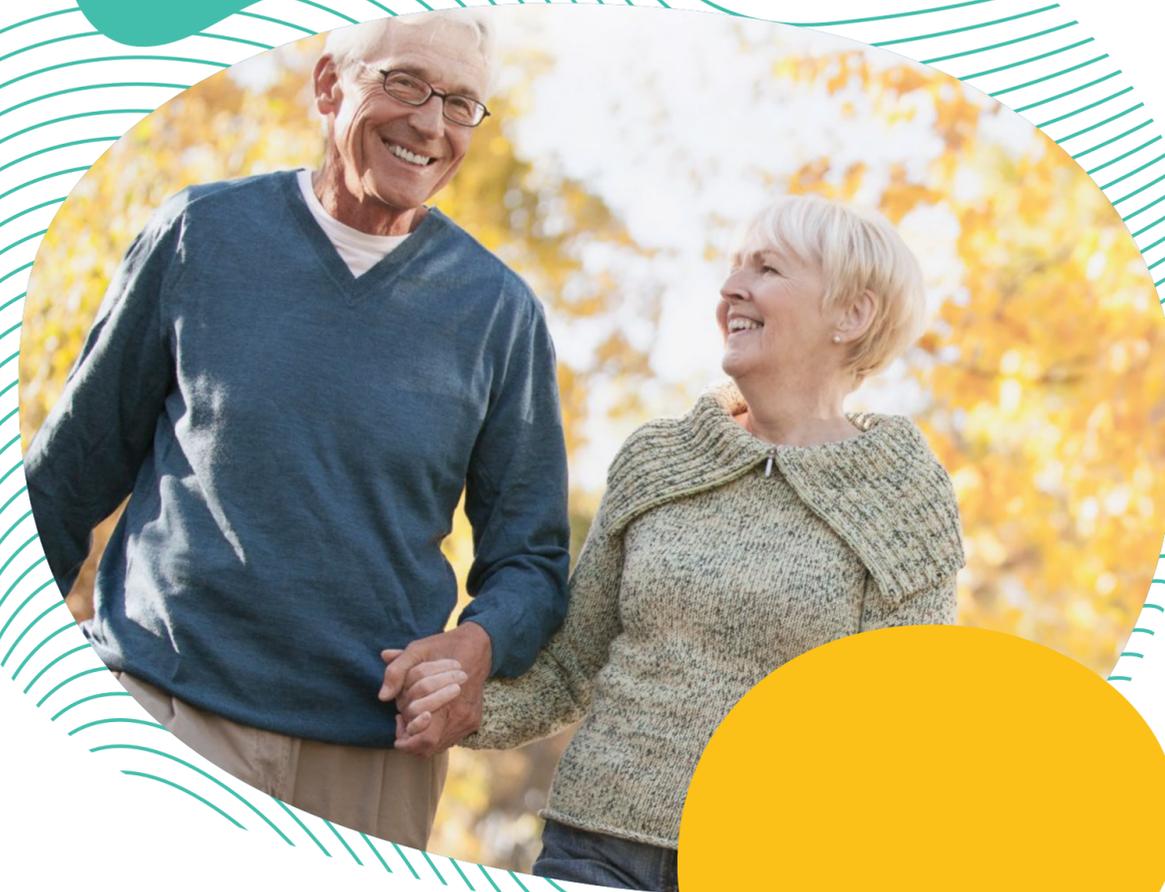
## Other Fall Prevention Tips

Follow these tips to help stay steady on your feet.

- Have your vision checked annually by an eye doctor. Poor vision can raise your risk of a fall.
- Eat healthy, drink plenty of water and take your meds as directed to help prevent dizzy spells.
- Try exercises like lifting weights and standing on one foot to increase your strength and balance.
- Wear shoes inside and outside the house. Avoid going barefoot or wearing slippers.
- Get up slowly after you sit or lie down.
- Talk to your doctor about other steps you should take to lower your fall risk.

**hally**<sup>®</sup>  
hally.com

**hally**<sup>®</sup>



## Fall Prevention: Home Safety Checklist

More than 25% of older adults fall each year. Along with age-related risk factors like balance problems or osteoporosis, home hazards – like uneven steps or throw rugs – can also raise your risk of a fall. It's important to make your home as safe as possible for yourself and others. Consider the questions and solutions in each section of this checklist to help lower your fall risk.



## Kitchen

- **Are the things you use often on high shelves?**  
Rearrange items in your cabinets so the things you use most are on the lower shelves at about waist level.
- **Is your step stool unsteady?**  
If you must use a step stool, get one with a grab bar. Never use a chair as a step stool.

## Bedrooms

- **Is the path from your bed to the bathroom dark?**  
Get a night light so you can see where you're walking. Some night lights turn on automatically after dark.
- **Is the light near the bed hard to reach?**  
Place a lamp close to the bed so it's within reach.



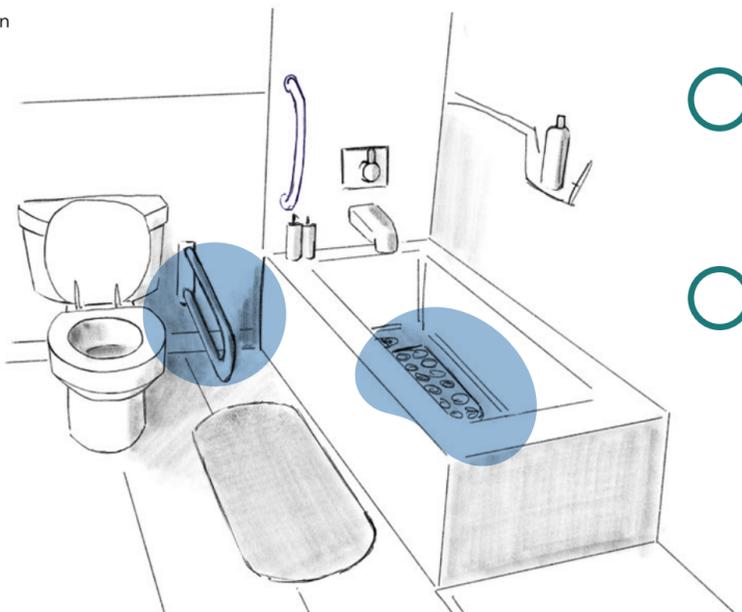
## Stairs and Steps

- **Have any stairway light bulbs burned out?**  
Have a friend or family member change these light bulbs. Consider using LED bulbs, which can last 11 or more years.
- **Do your stairs have enough lighting?**  
Have an electrician put in an overhead light at the top and bottom of each staircase.
- **Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?**  
Have an electrician put in a light switch at the top and bottom of the stairs. You can also get light switches that glow so it's easy to find them in the dark.
- **Is there any clutter on the stairs?**  
Remove objects and try to keep stairs clear in the future.
- **Are any steps uneven or broken?**  
Ask a friend or professional to fix loose or uneven steps.
- **Is the carpet on the steps loose or torn?**  
Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- **Are any handrails loose or broken, and are there handrails on only one side of the stairs?**  
Fix loose handrails or have them replaced. Make sure handrails are on both sides of the stairs and that they run the length of the stairs.



## Bathrooms

- **Do you need some support when you get in and out of the tub or up from the toilet?**  
Have a carpenter put grab bars inside the tub and next to the toilet.
- **Is the tub or shower floor slippery?**  
Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.



## Floors

- **Do you have throw rugs on the floor?**  
Remove these rugs or use double-sided tape or a non-slip backing so they stay put.
- **Do you have to walk around furniture?**  
Ask someone to move the furniture so your path is clear.
- **Do you have to walk over or around cords or cables (like for lamps or your TV)?**  
Tape cords and cables next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.
- **Are there books, papers, shoes, blankets, boxes or other objects on the floor?**  
Pick up clutter on the floor, especially where you usually walk through the room.