



Helping Loved Ones Live Safely at Home

As parents or loved ones age, everyday activities become more challenging, presenting safety concerns for them at home. One of the biggest issues they face is the risk of falling due to safety hazards in their home and other factors such as medication, weakening muscles and poor vision. As you look for ways to keep your loved one safe, here's a checklist that can help you safeguard their home from hazards that increase their risk of falling.

Home Safety & Fall Prevention Checklist

Bathroom Safety

- Grab bars are on the bathroom walls, near the toilet or along the bathtub or shower
- A slip-resistant rug is next to the bathtub or shower
- A mounted or suction liquid soap dispenser is on the bathtub/shower wall
- Non-skid adhesive textured strips are on the bathtub/shower floor
- A sturdy plastic seat (shower chair) is placed in the bathtub
- There's a raised toilet seat or one with armrests to maintain balance when getting on/off the toilet
- An extra-long mirror is over the sink so it can be used when sitting

Bedroom Safety

- Clutter is cleared from the floor to eliminate tripping hazards
- A lamp, flashlight and telephone are within easy reach near the bed
- Nightlights are placed along the path from the bedroom to the bathroom
- A raised mattress is available to assist in getting in/out of bed easily

Living Area Safety

- Furniture is arranged to create clear paths between rooms
- Pathways are clear of coffee tables, footrests and other items that make it hard to navigate
- Light switches are easily accessible at the entrance of each room
- Glow-in-the-dark switches or sound-activated lamps are available
- Loose rugs are secured with double-faced tape or slip-resistant backing
- In rooms with wall-to-wall carpeting, the carpet is secure and there are no wrinkles or raised areas
- Electric appliances and telephone cords are out of their way, but not placed under rugs
- There are no wobbly chairs or tables which can be leaned upon
- Rugs are secured on concrete, ceramic or marble floors
- There are no loose wood floorboards that need repair
- Furniture is firm, high and has armrests to assist in standing
- Cordless phones are placed throughout their home to avoid rushing to get the phone



Checklist

Kitchen Safety

- There are no throw rugs
- There is no liquid, grease or food spilled on the floor that needs to be cleaned up
- Food, dishes and cooking equipment are stored at an easy-to-reach, waist-high level
- A step stool with a handrail is available to reach upper cabinets
- Non-skid floor wax has been used on the floor
- A counter-top toaster oven is available to avoid leaning over or trying to reach an oven

Stairs

- Stairways are well lit
- Steps have stair treads
- Stairways have a strong handrail, preferably on both sides

Carpet

- Carpet is not patterned or deep pile
- Carpet is a solid color to show the edges of steps more clearly
- A brightly colored piece of tape is used if there is difficulty seeing the edge of the stairs

As the nation's first home care company, Interim HealthCare® is committed to helping individuals live safely and independently at home. Our Personal Care and Support Services (PCSS) provide an extra layer of support to seniors at home, so they can enjoy life without the concern of getting hurt. Our home care aides can assist with all sorts of activities, including: bathing, dressing, grooming, meal preparation, light housekeeping, transportation and companionship. If this is something your loved one would benefit from, please visit us at [interimhealthcare.com](https://www.interimhealthcare.com) to find an office near you.