



# Living in Balance

FALL PREVENTION PROGRAM

## HOME SAFETY TIPS



### Bedroom

- ✓ Keep a light near bed.
- ✓ Use nightlights in pathways.



### Kitchen

- ✓ Store frequently used items within reach.
- ✓ Clean up spills promptly to avoid falls.



### Stairs

- ✓ Keep stairs clutter free.
- ✓ Fix loose steps. Secure handrails on both sides.
- ✓ Use bright lights in every room and on the stairs.



### Pathways

- ✓ Remove throw rugs and keep pathways clear.
- ✓ Keep cords along walls, not in walkways.
- ✓ Move furniture for open pathways.



### Bathroom

- ✓ Install grab bars near toilet and inside tub/shower.
- ✓ Use non-slip tub mats inside and out.



### Living Room

- ✓ Use sturdy chairs with armrests.
- ✓ Keep frequently used items nearby.
- ✓ Wear sturdy, non-slip shoes.



## Living Safely at Home

As we age, everyday activities can sometimes become more challenging and may increase the risk of falling at home. Falls are common but often preventable. They can happen due to household hazards, medications, changes in strength, vision, or balance.

Taking small steps to improve safety can make a big difference. The checklist below can help you reduce hazards and create a safer home environment so you can stay active and independent.

### Bathroom

- Install grab bars near toilet and shower/tub.
- Use non-slip mats outside and non-skid strips inside the tub/shower.
- Use a wall-mounted soap dispenser.
- Add a shower chair and/or raised toilet seat with armrests if needed.
- Ensure good lighting and nightlights.
- Keep floors dry and clutter-free.

### Bedroom

- Clear clutter from floors and paths.
- Keep a lamp, flashlight, and phone by the bed.
- Add nightlights to the bathroom path.
- Use a firm mattress where your feet touch the floor when sitting.
- Wear non-slip socks or shoes when up.

### Living Areas

- Arrange furniture for wide, clear walkways.
- Keep walkways clear of obstacles and cords.
- Make light switches easy to reach; use night or motion lights.
- Secure rugs and repair loose flooring or carpets.
- Remove wobbly furniture; choose firm chairs with armrests.
- Keep phones and frequently used items within easy reach.

Taking care of your daily health habits, such as improving balance and strength, wearing supportive footwear, getting regular vision and hearing checks, and staying hydrated, can greatly reduce the risk of falls and help you stay independent.

The Balance for Life Program supports these goals through balance and strengthening exercises, medication reviews, home safety evaluations, and regular health check-ins. Its focus is prevention, helping reduce injuries, emergency room visits, and hospitalizations so you can remain active, confident, and safe at home.

### Kitchen Safety

- Avoid throw rugs
- Clean up spills right away.
- Store food, dishes, and cookware at waist height.
- Use a sturdy step stool with a handrail; not a chair.
- Keep floors non-slip and dry.
- Ensure bright counter and stove lighting.
- Consider a counter-top toaster oven to reduce bending.

### Stairs & Flooring

- Keep stairs well-lit with non-slip treads.
- Install strong handrails on both sides.
- Mark stair edges with bright tape if hard to see.
- Use low-pile, solid-color carpet.
- Fix loose or wrinkled carpet to prevent tripping.
- Avoid shiny or slippery floors.

### Outdoor Safety

- Wear sturdy, non-slip shoes.
- Use a cane or walker if unsteady.
- Watch for uneven ground, curbs, and wet or icy surfaces.
- Hold handrails on steps and porches.
- Keep walkways well-lit and clear of leaves or clutter.
- Carry small loads so one hand stays free.
- Take your time in parking lots and crossings.
- Avoid going out in rain, snow, or ice when possible.