

Preventing Falls in Your Home

Most falls are caused by health and aging changes or hazards in the home and community. Below you will find tips for preventing falls by setting up your home for success.

How to set up your home for success

Lighting

- Increase lighting in your home by using the highest watt bulb allowed for the fixture. Frosted bulbs reduce glare.
- Always turn on a light before entering a dark room.
- Nightlights are great additions to bedrooms, bathrooms or dark hallways.

Stairs

- Make sure there is sufficient lighting in stairwells; mark the edges of each step with non-skid contrasting strips.
- Ensure handrails are sturdy; handrails that run the length of both sides are preferred.

Bathroom Setup

- Slip-proof the tub or shower with a rubber mat or non-slip decals.
- Install grab bars over the bathtub or on the shower wall and next to the toilet.
- Replace older towel racks with sturdier bars.
- Suction cup grab bars may not be the best option; ideally, find something that secures safely into the wall for stability.

General Home Setup

- Keep hallways, common areas and stairs free of clutter.
- Repair or remove tripping hazards. Tape down electrical cords and remove throw rugs.
- Keep regularly used items on one level of the home to avoid having to use stairs repeatedly.
- In the kitchen, place commonly used items within reach to make food preparation easier.