



Fall Prevention: Checklist for the Home

- Outside:** Are sidewalk and steps even? Are railings sturdy? Do entrances have lights? Is it easy to see to unlock the door? Can you see who is outside without opening door? Do you have a dead bolt on exterior doors? Can you manage keys well? Can you open/close windows easily? Do windows have locks?
- Kitchen:** is there a smoke detector and does it work? Are temperature controls on the stove easy to see and use? Is the sink free of clutter? Do you have frequently needed items in easy reach? Do you have throw rugs that are backed with anti-slip tape?
- Bathrooms:** Can you get in/out of shower and tub easily? Do you have grab bars to support you? Do you have slip-resistant mats or abrasive strips lining the tub? Do you need assistance getting off the toilet? Is the area around the cabinet well lit and free of electrical appliances? Do you have nightlights in the bathroom? Is the floor clear of throw rugs? If not, do they have a slip resistant backing?
- Bedroom:** Do you have a clear path from the bed to the doorway? Can you easily reach a light? Do you have a flashlight near your bed? Do you tuck bed linens and bedspread so they are not dragging on floor? Do you have a working smoke detector in or near your room? Do you smoke in the bedroom? Do you have an automatic light source for when you get up in the night?
- Stairs:** Do you keep stairs 100% clean of clutter? Do you have one or two handrails? Are the stairs well lit? Is there carpet and is it secured well? Do you count and know how many stairs you have?
- Furniture:** Is your furniture arranged in a non cluttered way? Is your carpet or flooring tacked well? Do you have shag carpet – it impedes walking and balance.
- Other:** Technology (Wii, Laptop, cell phone, games) --move electric cords/chargers close to the wall. Do you have a fire extinguisher? Is it checked and working properly? Check all light bulbs to ensure proper visibility. When was the last time you had your vision examined by the eye doctor?

This article is written by Network LIFELINE, the largest Medical Alert Device provider in Western PA. This program delivers extraordinary service to nine counties and offers the cutting-edge **Auto Alert** -- which automatically detects falls, provides peace of mind and assists people with living independently longer. Contact Bob Gordon at 412-779-0696 or toll free 866-677-7795. Visit LifelinePittsburgh.com