

Bathroom



START HERE. Most falls in the home occur in the bathroom.

- ☐ Install grab bars at the toilet.
- ☐ Install grab bars inside and outside the shower.
- ☐ Attach each grab bar to a stud or to a correct wall anchor.
- ☐ Do not use a towel bar or a suction bar as a grab bar.
- ☐ Put a non-skid surface in the shower or the tub.
- ☐ Examine the bath mat. It must have a rubber back and lie flat.
- ☐ Replace the bath mat if it slides.
- ☐ Install a night light that stays on.
- ☐ Install a hand-held shower head and a shower chair.
- ☐ Install a raised toilet seat if the knees bend too much.
- ☐ Dry water on the floor immediately.

NOTES



Bedroom

- ☐ Light the full path from the bed to the bathroom.
- ☐ Use motion-sensor night lights.
- ☐ Put a lamp or a light switch near the bed.
- ☐ Put the phone charger near the bed.
- ☐ Examine the bed height. Feet must be flat on the floor when sitting on the edge.
- ☐ Remove cords, clothes, and low furniture from the floor.
- ☐ Keep shoes with backs and grip near the bed.
- ☐ Do not use slippers without backs.
- ☐ Install a bed rail if support is needed to stand.

NOTES

Kitchen



- ☐ Move daily items to a height between the hips and the shoulders.
- ☐ If anything is out of reach after rearranging, use a strong step stool with a handle.
- ☐ Clean spills immediately.
- ☐ Examine the rug at the sink. It must have a rubber back and lie flat.
- ☐ Remove the rug if it slides.
- ☐ Add task lights above the counters and the stove.
- ☐ Store heavy pans between the knees and the waist.
- ☐ Do not store pans on the floor.

NOTES



Living Areas and Halls

- ☐ Examine each throw rug. Rugs should have a rubber back and lie flat.
- ☐ Remove the rug if it does not lie flat.
- ☐ Move cords along the walls.
- ☐ Do not tape cords across a path.
- ☐ Move furniture to make the paths wide and straight.
- ☐ Use firm chairs with arm rests rather than deep, soft sofas.
- ☐ Light the route between the bedroom, bathroom, and kitchen.
- ☐ Keep the floors clear every day.

NOTES



Entry, Patio, and Garage

- ☐ Mark the sliding door track with high-contrast tape.
- ☐ Or install a small threshold ramp at the sliding door.
- ☐ Make each exterior door threshold level with threshold transitions, or mark it.
- ☐ Make a stable path across gravel and pavers.
- ☐ Coil the hoses. Keep the hoses off the path.
- ☐ Add shade where the light changes from bright to dark.
- ☐ Sweep or rinse the patio after a monsoon.
- ☐ Apply a non-slip treatment to the pool deck.
- ☐ Keep a clear lane to the car door in the garage.
- ☐ Add an overhead light in the garage.
- ☐ Remove oil sheen from the garage path.

NOTES

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