



Reduce your risk of falling at home

Falls can happen to anyone, statistics show one in three people over age 65 will take a fall that could result in life-changing injury.

Improve the safety of your home by following this step-by-step checklist.

Bedroom

- Keep a light source, like a light switch, lamp or night light, near your bed.
- Sit down to get dressed.
- Keep loose items off the floor.

Stairs and hallways

- Add handrails on both sides of the stairs.
- Install anti-slip strips on each stair.
- Install night lights along the route from the bedroom to the bathroom.

Bathroom

- Use a shower chair and handheld shower head while bathing.
- Install grab bars near the toilet and shower.
- Put a riser seat on the toilet.

Kitchen

- Move things so they're within easy reach.
- Use dining chairs that have armrests and no wheels.
- Don't clean with a high-gloss wax floor protector.

Living room

- Move cords and other objects out of walkways.
- Use a cushion or a seat riser if your chair is too low to easily stand from.
- Keep frequently used items within reach.
- Remove throw rugs.

Visit good-sam.com for more resources.



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SOURCES: <https://nihseniorhealth.gov/falls/homesafety/01.html>, <http://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358?pg=2>
820-240-126 1/23