



# Fall Prevention

## At Home

Each year, thousands of older people fall at home. Many of them are seriously injured by the fall. Some are permanently disabled.

Falls are often caused by two things: manageable risk factors and commonly overlooked (but easy-to-fix) hazards in the home. This checklist will help you identify those risks and hazards so that you can problem-solve for a safer, healthier life.

At Foothill Home Care, your health and safety matter to us. We're happy to answer any questions you might have about designing a safer environment for yourself and your loved ones.

### Risk Factors

Some fall risk factors are controllable, and others aren't. It's good to know that some of these liabilities may be effectively reduced by a visit to the doctor.

- Is the patient at risk for dizziness and/or weakness due to poor nutrition?
- Does the patient have a history of falls?
- Is the patient at risk for dizziness and/or weakness due to medication?
- Has a **change** in medication caused the patient to be at risk for dizziness/weakness?
- Does the patient have poor vision or hearing?
- Does the patient need to use aids (such as a cane or walker) to ambulate?

### Bathroom

Since 70% of home accidents (most of which are falls) occur on the slippery surfaces of the bathroom, it's extra-important to control these hazards.

- Is the water temperature set at 120 degrees or less?
- Is there a hand-held showerhead in place?
- Are there non-skid adhesive strips on the tub and/or shower floor?
- Is there a shower/tub chair in place?
- Have all loose bathmats been removed from the bathroom floor or held firmly in place by non-skid treads?
- Is there a raised toilet seat in place?
- Are there sturdy shower/tub handrails in place?
- Is there liquid soap (or soap-on-a-rope) within easy reach instead of bar soap?

### Household Hazards

#### Floors

- Have scatter/throw rugs been removed?
- Are any floors slippery?
- Are there non-skid treads in place under area rugs?
- Are all spills wiped up immediately?
- Are floors free from clutter (including wires & cords)?

#### Hallways & Stairs

- Has all clutter been removed from hallways and stairwells?
- Are there sturdy handrails in place in all stairwells?
- Are there non-skid treads in place on stair edges?
- Are all hallways and stairwells well-lit?
- Is there bright, reflective tape in place to mark stair edges?

#### Lighting

- Have dim or burned-out bulbs been replaced?
- Is there a flashlight available and within easy reach?
- Have harsh, glaring and colored bulbs been replaced with softer, white bulbs?
- Is the home equipped with night lights?
- Are lights easy to turn on and off?

#### Other

- Are commonly used items stored at waist level?
- Are all chairs equipped with armrests?
- Is the phone within easy reach?



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