

Thousands of older adults fall each year, with many of them experiencing multiple falls.

In addition to checking your home for safety, help reduce your risk for a fall by:

- **Reviewing medications**—The number and type of medications can contribute to falls. Check this out with your doctor or pharmacist.
- **Exercising** regularly to improve balance, strength, and coordination
- Scheduling yearly **eye exams**

Research says that more than half of falls happen at home. Even minor changes in your home may help prevent the next fall from occurring.



For a safe home environment, make sure that you always have the following and that they are in working order:

- Smoke and carbon monoxide detectors
- Emergency numbers saved in your cell phone or displayed by your home phone
- Shoes with low heels and good traction that fit well and don't fall off. Avoid walking with socks only or barefoot.
- Personal emergency alert/response system

For more information, call the Farewell to Falls program at the **Trauma Center at Stanford Health Care at 650-724-9369.**

Farewell to Falls

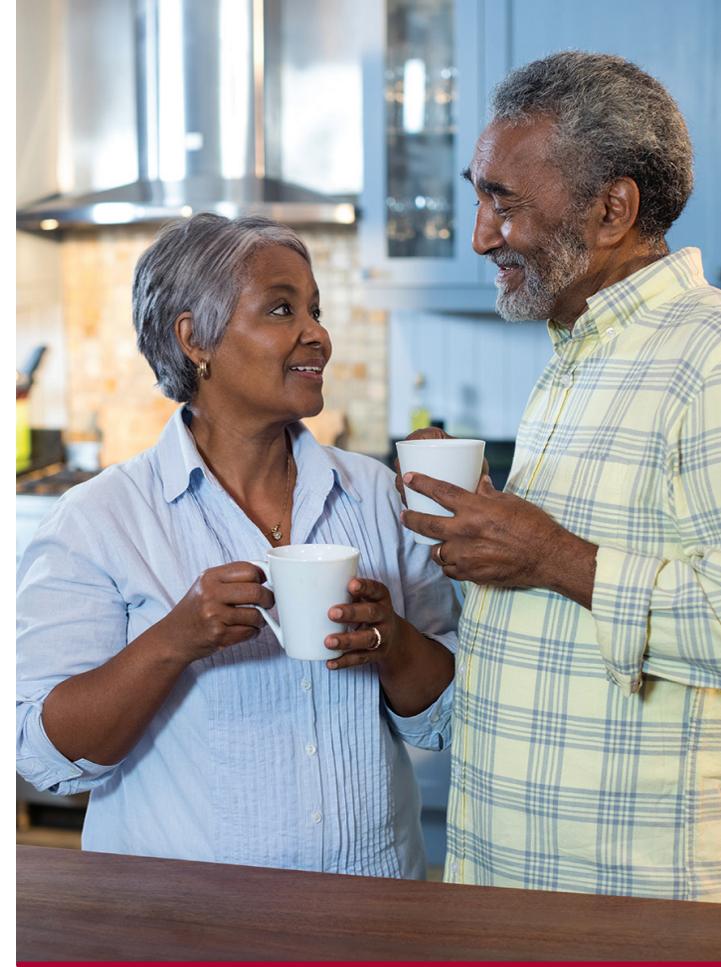
Stanford Health Care Trauma Center
300 Pasteur Drive, Stanford, CA 94305

stanfordhealthcare.org/fallprevention



Farewell to Falls

Home Safety Checklist



Go through your rooms carefully and follow this checklist. If you have a check in the “Needs Attention” column, see what you can do to fix the problem.

ADDITIONAL HOME SAFETY TIPS

- Throw rugs can slip or buckle. If you have these, either remove them or adhere the rug to the floor with double-sided tape or thin specialty non-skid carpet mats.
- Consider getting a raised toilet seat to make it easier to get on and off the toilet.
- It’s best to have handrails on both sides of the stairs.
- Move items that you use regularly to lower shelves within easy reach.
- NEVER use a towel rack for support!
- If you use a step stool, make sure it has a bar to hold on to. Never use a chair as a step stool.

FAREWELL TO FALLS CHECKLIST

	OK	Needs Attention	Doesn't Apply
ENTRANCES			
Steps—Is there a railing, and is it secure?			
Is the entrance well lit?			
LIVING ROOM AND BEDROOMS			
Can you turn on the lights upon entering the room?			
Are phone and extension cords away from all areas where you walk?			
Are the floors clear of clutter, shoes, and pet toys?			
Do you have throw rugs?			
KITCHEN			
Is the floor clear of clutter?			
Are items within reach without using a step stool?			
Do you use a sturdy step stool?			
BATHROOMS			
Is there a night light?			
Does the shower or tub floor have non-skid surfaces (mat, decals, or strips)?			
Does the tub or shower have sturdy grab bars?			
Are the floors kept dry and free of clutter?			
Does the bathroom rug have a non-skid backing?			
Are you able to get on and off the toilet easily?			
STAIRWAYS AND HALLWAYS			
Can the stairway be lighted from the top and bottom of the steps?			
Is there a handrail, and is it solid and sturdy?			
Are the steps in good repair?			
Are the stairs clear of small rugs, runners, and clutter?			
OUTDOOR AREAS			
Are the walkways and driveways free of uneven surfaces?			
Are your hoses looped on a reel?			
Do the stairways have handrails?			
Do you have lighting to provide safe walking at night?			