



Checklist for... preventing falls at home

Falls are often caused by hazards in the home that are easy to overlook, but simple to fix. This checklist will help you think about the safety of your own home. It covers each room, so take a moment to look around with a fresh pair of eyes and help prevent a fall at home.

At the front and back door



- Paths, steps and patios are even and well maintained
- Handrail is in place next to steps
- Walking route is clear, and kept free of pots and other objects
- Door mats are securely fixed and won't slip

On the stairs and landing



- Kept free of clutter such as papers, books or clothes
- Handrails are fitted securely on both sides of the stairs
- Bright lighting for the stairs and landing
- Carpet is in good condition and not heavily patterned

In the hallway and living room



- Rugs and carpets are in good condition
- Carpets are not heavily patterned
- Rugs are secured in place and won't slip
- Floor is free of clutter such as shoes, books and bags
- Cables and wires for lamps and chargers are kept to the edge of rooms
- Walking routes are clear, and kept free of furniture and other obstacles

In the bathroom



- Non-slip bath or shower mats are in place
- Grab rails are fitted by the bath, shower and toilet

In the kitchen



- Slip-resistant flooring – talk to a flooring supplier to find out more
- Everyday items are stored within easy reach
- A sturdy step stool with a handle is available for reaching higher items
- Wet patches are investigated to fix the cause of leaks

In the bedroom



- Floor is kept free of clutter, particularly around the bed
- Lamps are close to the bed and in easy reach
- Slippers are in good condition and fit well

Now you've made your home safer, check your health too:

Sit less, move more

Exercise is good for our all-round physical and mental health, and practising regular strength and balance exercises can reduce the risk of falls.

- I am exercising on a daily basis
- I have found out about exercises that help to prevent falls

Plan to get up!

Find out how to get up safely after a fall by watching the video at www.rospea.com/falls

- I have watched the video and know how to get up safely

Consider sight

Reduced vision can contribute to a greater likelihood of falls. You may be entitled to free eye tests.

- I've had an eye test in the last year and updated my glasses if needed

Think medicine

Taking four or more medicines increases the risk of falls, so have your medication reviewed regularly. Never stop taking medication without first checking with your doctor.

Date of my last medication review



For more home safety tips, visit www.rospea.com/falls

