

Blueprint for a safer home

Use this blueprint as a resource to help look at areas in your home where you can make small, easy changes that may make falls less likely¹



Inside your house



Provide adequate lighting, flashlights, and night lights throughout the house



KITCHEN

- Be careful of slippery floors



STAIRWAY

- Make sure there is plenty of lighting; light switches at top and bottom of stairs
- Fix any loose or broken steps
- Place non-slip rubber treads on stairs
- Make sure handrails work and are not loose; install handrails on both sides of stairs



BATHROOM

- Have a rubber mat for your shower/bath and one for the floor as well
- Install grab bars around sink, shower, and/or toilet
- Have a night light or motion light
- Make bathroom door swing outward, if possible
- Consider a shower chair or a bath bench and a removable shower head
- Replace glass shower door with a plastic shower curtain



FLOORS AND RUGS

- Remove throw rugs
- Secure rugs with rubber, slip-resistant backing
- Keep floors free of clutter
- Make sure your carpets aren't sticking up

Some tips for around your house

- Wear shoes that are supportive and have non-slip soles
- Check for electrical or telephone cords that could trip you



Outside your house



Remove leaves, snow, and ice from walkways



Fix holes



Make sure you have working handrails for entrances/exits



Make sure there is plenty of light

Some tips for when you're outside

- You may want to use a walker or cane for added stability
- Wear non-slip shoes for added traction
- Pay attention to the surfaces in public buildings
- Stop at curbs and check the height before you step down
- Use a shoulder bag, hip pack, or backpack to leave hands free