



Fall Prevention Check List

Totally Accessible Homes.....making your home Totally Accessible. 844-442-2237

Each year, millions of older Americans fall at home, (2.3 million in 2010). Falls in the home are the number one cause of death related injuries to people over the age of 65, (21,700 fall related deaths in 2010). Many of the falls that do not result in a death, will result in an injury that will require a trip to the Emergency Room, leaving many people with a perminant disability.

Falls are often due to hazards that are often over looked and many are easy to fix. Totally Accessible Homes has compiled a list of comon items we see in a home that contribut to in home fall and trip hazards. With this check list you will find our recommended fixes to many of the items. Totally Accessible Homes is also available for a free in home consultation to help you identify problems and help you find sollutions for items that are not as easily fixed.

Please use our check list in your own home, or the home of a loved one to help prevent trips and falls in the home. Totally Accessible Homes believes in the old addage that "An ounce of prevention is worth a pound of cure."

		Good	
Floors:	Look at the floors in each room, the garage, and the hallways.		
Clear Path:	Do you have a clear pathway thru your home and each room?	Y	N
Solution:	Ask someone help create a clear path by moving furniture around a necessary.	Y	N
Rugs:	Do you have throw runs, loose corners on your rug, ripples in your carpet?	Y	N
Solution:	Double stick tape on the bottom of loose rugs	Y	N
	Attach corners and edges of worn carpets	Y	N
	Get your carpet re-stretched to remove ripples in your carpet	Y	N
Daily Items:	Do you have books, magazines, blankets, shoes, boxes, dishes, cleaning equipment on the floor?	Y	N
Solution:	Pick up the items that are on the floor, find them a location that does not impeded your access route in the home.	Y	N
		Y	N
Cords and Wires:	Do you have electrical cords, wires, strings or other items strung across your floor?	Y	N
Solution:	Coil or tape cords and wires next to walls so they can not be tripped over. If needed have another electrical outlet installed in a location that will elemenate the extra cords.	Y	N
		Y	N
		Y	N



Fall Prevention Check List

Totally Accessible Homes.....making your home Totally Accessible. 844-442-2237

Stairs and Steps		Look at the stais and the steps on both the inside and the outside of your home.		
Objects on the stairs:		Keep the stairs and steps clear of clutter	Y	N
Solution:		Pick up items off the stairs, keep these clear at all times.	Y	N
Tread		Are the treads, missing, broken, loose, uneven, or have loose carpets?	Y	N
Solution:		Fix uneven, loose or missing steps.	Y	N
		Secure loose carpets, remove rug runners, or add rubber runners.	Y	N
Visibility:		Is there light over the stair way	Y	N
Solution:		Replace missing or burnt out bulbs	Y	N
		Have a light installed if one is not currently there	Y	N
		Add tread lights to make the steps visible	Y	N
		Paint a contrasting color at the top and bottom stair tread.	Y	N
Light accessibility:		Is there a light switch at both ends of the steps:	Y	N
Solution:		Have a light switch installed at both ends of the steps. Up grade to a switch that glows in the dark for better visibility.	Y	N
			Y	N
Hand Rails:		Loose or broken, are they only on one side?	Y	N
Solution:		Fix loose handrails or replace with new handrails.	Y	N
		Ensure handrails are on both sides of steps, and are as long as the stairs.	Y	N



Fall Prevention Check List

Totally Accessible Homes.....making your home Totally Accessible. 844-442-2237

Kitchen	The Kitchen is the most visited room in the home. Check it for trip hazards.			
Commonly Used Items	Are your most common used items within easy reach?		Y	N
Solution:	Move items in cabinets and drawers to comfortable level. The most often used items should be kept around waist level.		Y	N
Step Stools:	Most people have a step stool in the kitchen, is your safe and sturdy:		Y	N
Solution:	Avoid using as much as possible		Y	N
	Use a step stool with a Bar above the steps for support		Y	N
	Do not use a chair as a step stool		Y	N
	Purchase a new step stool if necessary		Y	N
Bathrooms	Bathrooms generally are the most common place in a home for falls			
Floors:	Are the floors slippery when wet?		Y	N
Solution:	Install non slip strips near the tub and shower areas		Y	N
	Replace with slip resistant flooring		Y	N
	Install sub floor heating to help dry floor		Y	N
Tub and Shower	Is your tub and shower slipper when wet		Y	N
Solution:	Install non slip strips, or a self sticking rubber mat in the bottom of the tub and bath.		Y	N
			Y	N
Grab Bars	People often resist getting grab bars until AFTER they have a fall		Y	N
Solution:	Have a professional, properly Install grab bars in optimal locations for fall prevention		Y	N
			Y	N
	At the tub and shower entrance		Y	N
	On the back wall of the tub or shower		Y	N
	On the walls to the side of the toilet		Y	N
	Pick a grab bar that suits your style and design		Y	N



Fall Prevention Check List

Totally Accessible Homes.....making your home Totally Accessible. 844-442-2237

Bed Rooms	Look at all the bedrooms, not just the one you are currently using		
Pathway to bathroom	Many people make a trip to the bathroom in the dark several times a week.	Y	N
	Solution: Clear a path to the bathroom	Y	N
	Light the path to the Bathroom	Y	N
	Install a light by both sides of the bed	Y	N
	Install a night light in the bathroom and pathway	Y	N
Other items to look at.	Do you have a clear path into your home from the mail box, or from your car?	Y	N
	Get plenty of fresh air and exercise. This promotes stronger muscles, and fewer falls.	Y	N
	Have your vision checked regularly.	Y	N
	Have a Pharmasist or doctor check all your medications. Make sure the combination you are taking does not make you dizzy.	Y	N
	Get up slowly after sitting or laying down for a long period of time	Y	N
	Wear comfortable, flat soled shoes inside and outside the home. Avoid slippers and going barefoot	Y	N
	Improve the lighting in the home by changing to brighter lights, replace any burnt out bulbs	Y	N
	Avoid shadows, keep your rooms evenly lit, avoid dark window curtains or shades.	Y	N
	Keep emergency numbers, in LARGE print, near the phones	Y	N
	Have a phone low enough to the floor that you can reach it if you fall and can not get up	Y	N
	Consider an alarm that alerts someone if you do fall	Y	N

Many of these items can be done with the help of family and friend. Totally Accessible Home is available to help with any tasks that you might want to have completed professionally.

*Note on Grab Bars - Totally Accessible Homes recommeds grab bars do NOT get installed on sheet rock walls with a hollow wall anchor attachment. If you have doubts, please ask. The risks are to great to have the job completed un-safely.