

# Changes Around the Home for Falls Prevention

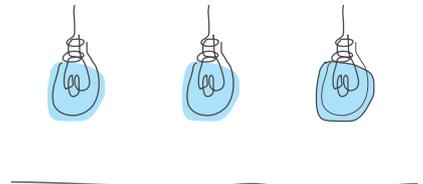
## Bedroom

- Ensure easy access to a light near your bed e.g. light switch, touch lamp
- Ensure good bed height and firm mattress edge for safe transfers
- Use bedside commode or urine bottle for overnight toileting if toilet is distant and walking is unsteady
- Sit down to dress; use long handled aids to reach feet if required



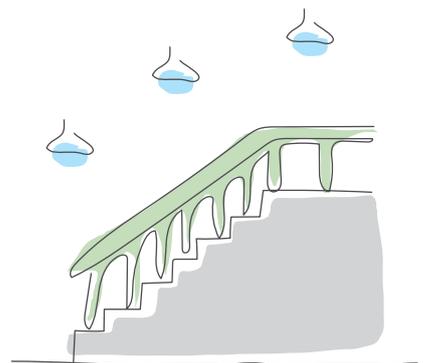
## Lighting & External Access

- Use bright light globes or install additional lighting to support vision for tasks, mobility and household access
- Ensure outside paths, steps and entrances are well-lit at night
- Ensure outside paths are in good repair, and free of clutter



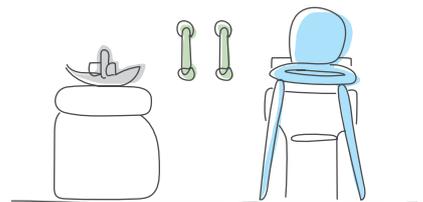
## Hallways & Stairs

- Add handrails to both sides of the stairs
- Install anti-slip strips to highlight the edge of each step
- Install night lights or a 2-way light switch for hallways and staircases
- Keep walkways clutter free
- Secure cords to skirting boards or install additional power outlets
- Ensure floor coverings are in good condition and don't pose a slip or trip hazard
- Remove or secure mats; mats should be low pile and nonslip, with edges that do not curl



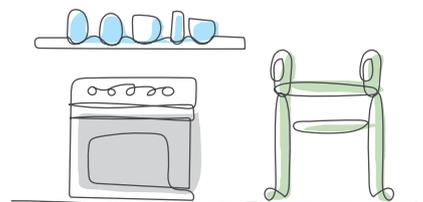
## Bathroom

- Install grab rails, for the shower/bath and toilet
- Use a shower stool/bath-board, hand-shower, nonslip mats inside and outside of the shower/bath
- Raise toilet height for easier transfers with an over toilet aid or raised seat



## Kitchen

- Store commonly used items within easy reach to avoid bending, climbing or over-reaching
- Use a meal tray walker to carry items to the dining room
- Clean spills immediately to avoid slipping



## Living Room

- Reduce clutter, excess furniture and trip hazards to create clear pathways
- Remove mats or use nonslip mats with edges that do not curl
- Use a suitable height chair for safe and easier transfers e.g. chair raisers, adjustable height chair, Lift Recline Chair; Stand-up chair

