

Fall Prevention Checklist

As you walk through your loved one's home, ask yourself the following questions to determine what kinds of hazards are present and what you can do to address them.

Bedroom

- ☐ Is there a lamp near the bed to help your loved one see if they have to get up during the night?
- ☐ Does the room have a night light?
- ☐ Can your loved one get from the bedroom to other rooms without encountering any fall hazards?

Bathroom

- ☐ Does the bathtub have nonslip decals in it?
- ☐ Does the bath mat regularly slip out of place?
- ☐ Does your loved one need grab bars in the shower or next to the toilet?
- ☐ Is the lighting bright enough to illuminate any potential hazards?
- ☐ Does the shower have a handheld showerhead to prevent your loved one from having to reach up to adjust the water flow?
- ☐ If the bathroom already has grab bars, are they installed correctly?
- ☐ Is the toilet seat too low for your loved one to sit down and stand up without falling?

Kitchen

- ☐ Can your loved one access frequently used items without reaching or using a step stool?
- ☐ Are there any leaks that could make the floor slippery?



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Stairways

- ☐ Does the stairway have adequate lighting?
- ☐ Is the stairway cluttered with objects?
- ☐ Does the stairway have any loose or uneven steps?
- ☐ Is there any loose carpeting on the stairway?
- ☐ Do the stairs have nonslip treads?
- ☐ Are the handrails secure?
- ☐ Does the stairway have a handrail on both sides?

Floors

- ☐ Is there furniture blocking any walkways?
- ☐ Do throw rugs frequently bunch up or slip out of place?
- ☐ Are the walkways cluttered with clothing, books, or other items?
- ☐ Do electrical cords need to be moved behind the furniture?