

TRAUMA TOOLS: HOME SAFETY CHECKLIST

Because older adults most often fall at home, prevention is key. Perform the home safety review below to discover how safe your loved one's home really is. The suggested small changes can greatly reduce risk — and help keep your parent or family member healthy and independent longer.

CHECK "YES"	NO	YES	WHAT TO DO IF "YES" WAS CHECKED
IN EACH ROOM:			
Do you have to walk around furniture?			Move furniture so that there are clear paths.
Are there throw rugs on the floor?			Remove throw rugs or use non-slip backing. Throw rugs are often tripped over, and lead to falls.
Are there papers, books, magazines, shoes or other items on the floor?			Pick up things on the floor. Always keep the floor clear.
Are there wood floor?			Wear shoes or slippers (not just socks) to prevent slipping on the floor. Avoid the use of 'slip on' shoes.
Do you have to walk around wires or cords?			Coil or tape cords and wires along the wall so that you won't trip over them. Consider adding an electrical outlet.
STAIRS AND STEPS:			
Is the light missing over the stairway?			Replace bulbs or place a lighting fixture over staircases. Stairs are a common place to fall.
Is there only one light switch for the stairs? Either at the top or the bottom?			Have an electrician put in a light switch that can be used from the top or the bottom of the stairs. Consider a switch that glows.
Do doors at the top of stairs open inward, to the staircase?			Doors at staircases should open outward, into the hall/room and not the stair. If it does not, consider remounting the door.
Is the carpeting loose or torn?			Make sure that carpet is firmly attached to every step.
Is the handrail missing for any length of the staircase?			Install a handrail the length of all staircases. Consider use of a handrail on each side of the stair.
BATHROOM:			
Are there no grab bars in the tub/shower area?			Install one or two grab bars in the shower/tub area.
Is the tub or shower slippery?			Install a non-slip rubber mat or self-stick strips in the tub or shower.
Is the room dark at night?			Use of a night light can reduce the risk of falling.