



7 Tips for Fall Prevention at Home

1 in 3 people over the age of 65 fall each year, but there are 7 simple steps that you can take to prevent falls and risk in your home.

1 Keep it Lit

- Ensure well traveled areas, like entry ways and hallways, are well lit
- Position switches in accessible areas
- Use motion, clap, or timed lights for the evening hours



2 Remove Hazards

- Secure loose rugs to the floor or remove them
- Install ramps and grab bars where appropriate
- Add non-skid strips
- Wear slip-resistant shoes, slippers, or grip-socks
- Minimize clutter



3 Renovate Restrooms

- Use non-slip mats and rugs in and outside of the tub
- Add grab bars near the toilet and in the shower
- Install a zero-entry tub
- Add a shower seat
- Swap for a tall toilet seat



4 Schedule Check-ins

- Add regular time for a friend, family member, or caregiver to call, text, or visit
- Keep a schedule of visitors throughout the week



5 Wrangle Rover

- Keep pets in a designated area
- Add a bell to the collar of pets so you know when they are moving around



6 Add Accessibility

- Move items stored on high shelves to lower positions
- Arrange regularly used belongings in a central area
- Rearrange furniture to keep clear pathways



7 Add Technology

- Use fall-detection to alert someone if you are unable
- Insert smart home assistants
- Wear an emergency button to connect you to help when you need it

