

# Preventing falls at home

## A checklist

At Carecall, we want to help you stay independent in your own home for as long as possible. Whilst we are available 24/7, every day of the year including Christmas and Bank Holidays, we hope that you'll never need to call us. Use this handy checklist to identify areas that you can focus on to try and reduce the risk of falls.

### Areas of concern



Hallway/  
Porch



Lounge



Dining  
Room



Kitchen



Bathroom



Bedrooms



Stairs

### Check each area of concern and tick once completed

- Is there a clear path through?  
*Pay close attention to trip hazards like shoes, books, magazines, boxes etc*
- Are all mats, rugs or carpets secured to the floor?  
*Opt for mats and rugs with a non-slip backing or ensure they are properly secured to the floor*
- Are non-carpeted floors slippery?  
*Consider the use of mats that are properly secured in areas where the floor is slippery*
- Is there enough space to walk around furniture?  
*Position all furniture so that there is enough space to move freely around it*
- Are there any trailing wires?  
*Ensure trailing wires are coiled, taped down or hidden*
- Is there good lighting?  
*If not, consider battery operated touch lamps that can be easily switched on or motion activated lights*
- Are the light switches easily accessible?  
*Accessible light switches should be located near a doorway or at the top and bottom of stairs*
- Are there hand rails and grab rails where needed?  
*Install sturdy, fixed hand or grab rails in areas where you need extra support*
- Are commonly used objects and items easily accessible?  
*Ensure the things you most the most are easily accessible at all times*

**Carecall**  
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