

According to the Centers for Disease Control and Prevention, 1 in 4 older adults (age 65+) fall each year. Many of these falls can be prevented by making your home safer and more accessible. Below are three key areas you can check by yourself to improve home safety.

Access to the home

Are there steps at the primary entrance into the home?

- Fix loose or uneven steps
- Add lighting/motion sensors
- Install railings
- Install a ramp and/or stairlift
- Remove clutter from the entryway

Navigation throughout the home

Look at your floors and hallways.

- Remove small throw rugs or affix rugs to the floor to keep them from slipping
- Pick things up off the floor
- Install railings in the hallways

Do you have stairs within your home?

- Add lighting at top and bottom of stairs
- Add railings to one or both sides of stairs
- Install a stairlift

Bathroom safety

Do you need support when you get in and out of the tub/shower or up from the toilet?

- Install grab bars or a floor-to-ceiling safety pole by the tub/shower
- Add a transfer bench or shower chair in the tub/shower
- Add grab bars or a floor-to-ceiling safety pole by the toilet
- Add non-slip strips on the floor of the tub/shower
- Install a tub cut-out in the bathtub
- Replace the tub with a barrier-free shower

Additional Notes:
