



## How to Make Your Home Safer

### **KITCHEN:**

- Keep things you use frequently on lower shelves: waist height is recommended
- If you must use a step stool, use one with a bar to hold onto (NEVER use a chair as a stool)

### **BATHROOM:**

- Install grab bars in the bathroom next to or inside the bath and/or toilet
- Install a non-slip tub mat or safety strips in the tub/shower
- Install a high rise toilet or add a toilet riser

### **BEDROOM:**

- Place a lamp close to the bed that is within reach
- Use nightlights to help guide you around the room and throughout the house in areas you may use at night (bathroom, kitchen, hallways, etc)
- Keep C-Pap machines, cords, and tubing on side opposite of where you get in/out of bed
- Use an assistive device to get in/out of bed

### **STAIRS:**

- Keep clutter off the steps
- Change lightbulbs when burnt out
- Fix/replace loose railings
- Repair any loose or uneven steps
- Make sure carpet is firmly attached
- Install lights and switches at the top & bottom of stairs

### **FLOORS:**

- Remove old throw rugs
- Secure throw rugs with double-sided tape
- Space furniture so you have a clear path to walk
- Don't ever walk on furniture
- Remove any unneeded items or clutter (paper, mail, books, magazines, jackets, or shoes)
- Coil any cords or wires with tape or secure cords to the floor

### **OUTSIDE:**

- Use caution when working outdoors – gardening, mowing, spring clean-up and snow removal
- During winter months use ice melt on steps and walkways (keep a container with scoop close to doors)
- Install stair railings on outdoor steps
- Keep the garage organized with clear walking paths, and watch for water puddles from rain or snow

### **TRAVELING (MANY OLDER ADULTS FALL WHILE TRAVELING):**

- Pack your own nightlight
- Bring and use assistive devices
- Create a clear path to the bathroom
- Sleep on the same side of the bed as you do at home