



Fall Prevention for Seniors: A Home Safety Checklist

Falls are one of the most common and most preventable health risks for older adults. About one in four adults over 65 falls each year, and falls remain a leading cause of injury in this age group. The good news is that most falls are preventable with a few home adjustments and a little time spent on balance and strength.

How to Use This Checklist

Use this guide to identify potential fall hazards in your home and areas where you can improve strength, balance, and mobility. Check off each item as you complete it, and revisit the list regularly to help maintain a safer living environment.

Entryways and Hallways	Living Room
☐ Clear walkways of clutter, shoes, cords, and boxes ☐ Secure loose rugs with non-slip backing or remove them ☐ Add a sturdy handrail near the front door if there are steps ☐ Make sure entry lighting is bright and motion-sensor lights are working	☐ Arrange furniture to create wide, clear paths ☐ Tuck away or tape down electrical and lamp cords ☐ Choose chairs with sturdy armrests ☐ Keep frequently used items within easy reach
Kitchen	Bathrooms
☐ Store everyday dishes and food on lower, easy-to-reach shelves ☐ Keep floors dry and consider non-slip mats near the sink ☐ Use a step stool with a handrail only if absolutely necessary. Never a chair ☐ Clean up spills immediately	☐ Install grab bars near the toilet and inside the shower or tub ☐ Use a non-slip mat or adhesive strips in the tub/shower ☐ Consider a raised toilet seat and a shower chair ☐ Keep a nightlight on for trips to the bathroom after dark
Bedrooms	Stairs
☐ Keep a clear path from bed to bathroom ☐ Place a lamp or light switch within reach of the bed ☐ Make sure the bed height allows feet to rest flat on the floor when seated ☐ Keep a phone or call device on the nightstand	☐ Install handrails on both sides if possible ☐ Fix any broken or uneven steps ☐ Add non-slip treads or contrasting tape to step edges ☐ Ensure stairwells are well lit from top to bottom ☐ Clear items off the stairs

General Fall Prevention Tips

- ☐ Wear sturdy, well-fitting shoes with good tread
- ☐ Avoid walking in socks or loose slippers
- ☐ Schedule annual vision and hearing checkups
- ☐ Review medications with a doctor or pharmacist



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