

Checklist to prevent falls at home

Many people fall over in their home. There are many ways you can avoid falling. This checklist will give you some ideas about making your home safer.

Check in every room to see if there is anything that could make you fall. Use the checklist to help you identify possible problems.

If you find any problems, you could ask a friend or your family to help you get it fixed. You and your family could also organise a local handyperson to help. For bigger problems, you can contact 'My Aged Care' on 1800 200 422 or www.myagedcare.gov.au. They can help you assess your home safety needs and arrange any work that might be needed.

(Put a line through any item that is not relevant to you)

Outside

1. Gate is well lit at night
2. Path is well lit at night
3. Path is in good condition
4. Steps are strong and stable
5. Steps have a handrail that is easy to hold
6. Steps have clearly marked edges
7. Steps are not slippery
8. Clothes line is easy to reach
9. Garden is clear of things that you could trip over (such as tools and hoses)
10. Garage or shed is clear of things that you could trip over or slip on

Yes	No

Entrances

11. Front door light switches are easy to reach
12. Back door light switches are easy to reach
13. Door bell easy to hear from inside the house
14. Rugs and mats are not slippery
15. Rugs and mats are flat without curled edges

Yes	No

Inside steps or stairs

16. Steps or stairs are well lit
17. Steps or stairs have a light switch at both the top and/or bottom
18. Steps or stairs have a strong and stable handrail
19. Steps or stairs have carpets or runners that are securely fixed (if present)
20. Steps have clearly marked edges
21. Steps are not slippery

Yes	No

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Kitchen

22. **Lighting** is good over benches and work areas

23. **Floor** is clear of things that you could trip over or slip on

24. **Things you use often** are easy to reach (without climbing or bending)

25. **Rugs and mats** are not slippery

26. **Rugs and mats** are flat without curled edges

Yes	No

Lounge and dining room

27. **Lighting** is good – at night and during the day

28. **Rugs and mats** are not slippery

29. **Rugs and mats** are flat without curled edges

30. **Furniture** is placed so it is easy to walk around

31. **Cords** are out of the way

32. **Chair or couch** is easy to get in and out of

33. **Telephone** is easy to reach

Yes	No

Bedroom

34. **Bed** is easy to get in and out of

35. **Bedside lamp** is easy to turn on when you are in bed

36. **Telephone** is easy to reach when you are in bed

37. **Bedside table** is easy to reach when you are in bed

38. **Cords** are out of the way

Yes	No

Bathroom and toilet

39. **Rugs and mats** are not slippery

40. **Shower** is easy to get into (with no step)

41. **Handrail in shower** is in place to avoid holding on to taps or towel rail

42. **Handrail near bath** is in place to avoid holding on to taps or towel rail

43. **Handrail near toilet** is in place

44. **Soap and shampoo** are easy to reach without bending

45. **Towel rail** is easy to reach

Yes	No

Other

46. **Personal alarm** is always on you

47. **Stepladder** is short and strong

48. **Walking aid** if used is easy to reach

49.

50.

Yes	No

Add additional items from your own plan.