Home Modifications To Reduce Falls

BEDROOM AND CLOSETS
- Make sure a lamp (or light switch) and a phone are within easy reach of each bed.
- Use motion-sensitive night-lights.
- Install lights in closets.
- Store heavy items lower to the ground; don’t stack items on high shelves.

STAIRWAYS AND PATHS OF TRAVEL
- Secure edges of all scatter rugs or remove them altogether.
- Repair loose carpeting and worn stair treads.
- Install handrails on both sides of all stairways.
- Avoid steep stairs with narrow treads (typically in back passageways of older homes).

ENTRY
- Keep a well-lit entry by using motion-sensitive lights inside and out.
- Clear a well-lit path from the front door to the garage or car.
- Install a small shelf for holding packages while unlocking the door.
- Make sure the doorbell can be heard throughout the home.
- Install overhangs above exterior doors to protect the walkway from rain and reduce ice build-up.

BATHROOM
- Install grab bars at the shower, tub and toilet.
- Make sure light is bright enough to read prescription labels.
- Place water temperature no higher than 120°.
- Use non-slip mats or strips in the tub and shower.

KITCHEN
- Make sure stove controls are clearly visible and in good working order.
- Install an oven turn-off switch.
- Use sliding shelves in lower cabinets making items easier to reach.
- If a step stool is needed, buy one with a wide base and safety handles.