



Fall Prevention and In-Home Safety Checklist

Keeping your care recipient safe is a top priority. Use this guide to conduct an in-home safety check and reduce the risk of falls.

Fall Prevention



Every year, more than 9 million people in the U.S. are treated for injuries after a fall. Several factors can increase the risk of falls including advancing age, poor balance, and taking multiple medications. However, there are some steps that you can take to help reduce the risk of falls:



1. Medication Reviews

The way our body absorbs, uses, and removes medications changes over time. Medications can also have side effects like dizziness or fatigue. Taking multiple medications increases the risk of falls. Next time you speak to a pharmacist or doctor, request a medication review. They can check for medications that might interact with or increase the risk of falls. If your care recipient takes over-the-counter medication or vitamins, tell the pharmacist or doctor about these too. Sometimes vitamins and medications can interact.



2. Vision & Hearing Checks

Vision and hearing changes affect our balance! Health conditions like diabetes, cataracts, stroke, dementia, and many others can affect our senses. If it's harder to see obstacles or depth, the risk of falls goes up. Similarly, if it's hard to hear people or objects around you, it's harder to tell how close or far away they are. Have your care recipient's vision and hearing checked regularly. You can also remind them to wear their glasses and hearing aids regularly if they have them.



3. Moving & Exercising

Encouraging movement and exercise maintains strength and balance to reduce fall risk. Not everyone loves to exercise, but making it fun or adding it to an activity they enjoy like gardening or spending time with a pet can help. If you need help developing an exercise plan, you can ask your doctor about referring you to a physical therapist.



4. Walkers, Canes & Wheelchairs

We recommend talking to a healthcare professional about which devices are right for your care recipient, and checking back in regularly. You can ask a doctor about a physical or occupational therapist referral. They may be able to do a home visit. If your care recipient uses a walker or wheelchair, ensure the brakes are applied safely before standing up or sitting down.



5. Home Safety

Making changes to reduce trip hazards can go a long way toward preventing falls! See our Home Safety Checklist on the next page for tips on making your care recipient's home safer.



6. Talk Openly About Falls

If you think that the person you care for might have fallen and is trying to minimize the impact, try talking openly about it. Some people might worry that they'll get in trouble if they have a fall. Unfortunately, one fall makes it much more likely that they will fall again. Encourage your care recipient to talk to the doctor if they've had a fall or are worried about falls. There are steps that you can take together to reduce the risk!

What To Do After A Fall

Many falls can be prevented, but accidents still happen. If someone falls, follow these steps:

1. Ask the person if they have any pain or injuries.
2. Ask them if they can move on their own. If they can, do not try to lift or move them on your own unless you have specific training. If they can move on their own, ask them to get onto their hands and knees.
3. Then have them use a chair or coffee table to push on with their hands to help get into a seated position on a chair. Invite them to rest for a while before trying to move again.
4. If they can't get up, don't try to move them. Call 911 or emergency help. Keep the person warm and talk to them while you wait for emergency services to arrive.



Home Safety Checklist

You might be surprised to learn about the hazards that exist in your care recipient's home! Use this list to identify some actions you can take to reduce the risk of falls and other injuries.

General Fall Prevention	
Clear Pathways	Keep objects off the floor and a clear path to walk through. Tape cords and wires out of the way.
Stairs	Check for loose or uneven steps. Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads. Check for loose or broken handrails. Consider installing handrails on both sides of the stairs.
Lighting	Use bright overhead lights at the top and bottom of the stairs, and in hallways. Have light switches at both the top and bottom of the stairs.
Throw Rugs	Rugs can cause tripping and falls. Consider removing rugs, or securing the edge of all rugs firmly to the floor.
Low Furniture	Low furniture can be harder to stand up out of. Consider having chairs with armrests to push out of, or adding furniture risers.
Uneven Flooring	Check for high thresholds, broken flooring, and uneven tiles that could cause a trip or fall.
Outside Path	Check for loose or uneven steps and handrails. Consider installing an outdoor light with motion sensors to ensure pathways are well-lit at night.

Bedroom Fall Prevention	
Mattress Height	The bed should be at a height that makes it easy for them to get in and out of. A mattress that is too high or too low is a risk.
Lighting	It should be easy to turn on a light while in bed. A brightly lit path is especially important if they get up at night. Consider installing night lights or motion-sensing lights.
Pathway To Bathroom	Is there anything in the way of the path to the bathroom? Consider putting the bed in a way that provides the most direct path to the bathroom in case they need to go quickly.

Bathroom Fall Prevention

Low Toilet	A grab bar near the toilet, or a raised toilet seat can help with standing up from a low seat.
Bath Mats	Mats are tripping hazards if they don't have non-slip material underneath. Always use non-slip mats to keep them in good repair.
Tub Height	A tub transfer bench or grab bars can help with getting in and out of the bathtub safely.
Shower Threshold	Grab bars can help with stepping into and out of the shower. Caution: A towel rack is not a good replacement for a grab bar. You might risk pulling it out of the wall and falling.
Slippery Floors	Wet floors are a fall hazard. Keep floors as dry as possible, and if needed use a non-slip mat

Additional Considerations

In some cases, the following safety checks can also be important!

Kitchen Appliances	Consider using appliances or plugs with auto-shut-off features in case they are left on. In some cases, you can remove dials or covering buttons so they are less likely to be used.
Cleaning Chemicals	Lock cupboards that contain cleaning products like bleach and oven cleaner to avoid accidental use or ingestion. You can use child safety locks or padlocks. Lock up or dispose of chemicals like paint thinner, antifreeze, and gasoline.
Power Tools	Reduce access to equipment like lawnmowers, weed trimmers, chainsaws, and snow blowers by hiding the object or keys. Lock up or remove power tools like drills, saws, nail guns, or staple guns—especially if they used to use them regularly.
Car Keys	If it's not safe for them to drive, consider hiding the car keys. If it helps, you can give them a keychain with fake keys on it.
Firearms	Discuss a plan with others in the home if there are guns or firearms to reduce the risk of accidents. You may need to lock them away altogether.
Medications	If they might forget whether they've taken a dose and accidentally take two, or if they might mistake a medication for something they can eat, lock up medications and store them out of sight.

Looking for More Caregiver Resources and Support?

Tualta's learning library and resources are available online. You can access them from your computer, tablet, or smartphone.

When you sign on to the Tualta portal, you'll have immediate access to our caregiving community, as well as all our educational videos, tips and live lessons. Including topics such as:

- » Mobility & Injury Prevention
- » Medication Management
- » From Hospital To Home
- » Caregiver Wellness
- » Documents & Decision Making
- » Personal Care
- » Communication Changes
- » Cancer Care
- » Dementia & Alzheimer's
- » Developmental Disabilities
- » Stroke
- » Parkinson's
- » Diabetes
- » Heart Health
- » Lung Health
- » Caring For Kids
- » Depression
- » Mental Illness
- » End Of Life Care
- » Healing Caregiver Burnout
- » And much more!



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- Enter your loved one's zip code to see if their health plan or local agency is listed.

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