

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 handyman 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	YES ✓	NO ✗
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		
Entrances	YES ✓	NO ✗
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		
Inside steps or stairs	YES ✓	NO ✗
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		

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Kitchen	YES ✓	NO ✗
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		
Lounge and dining room	YES ✓	NO ✗
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		
Bedroom	YES ✓	NO ✗
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		
Bathroom and toilet	YES ✓	NO ✗
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		
Other	YES ✓	NO ✗
46. Personal alarm is always on you		
47. Stepladder is short and strong		
48. Walking aid (if used) is easy to reach		
49.		
50.		

Add additional items from your own plan