



Taking Charge: Fall Prevention

Action Plan

Your Name



Taking Charge: Fall Prevention Action Plan

Which “needs to be improved” actions on your Home Check will you tackle? Fill in the circles by the ones you will improve.

Next to each chosen action, describe how you will get it done. Hint: You can use the list of ideas on the back of this booklet.

Keep **Kitchen** efficient: easy to get around and items at a comfortable reach

Are everyday items on low shelves within easy reach? (K1)

Is a sturdy stepladder there when you need to reach something on a high shelf? (K2)

Are items you use every day (toaster and can opener) on your counter or easy to reach? (K3)

Are walkways and eating areas clear of clutter? (K4)

Are spills cleaned right away and floors dried completely after you clean the floor or a spill? (K5)

Do you use a rolling cart to move things easily? (K6)

Keep **Food Preparation** areas safe and organized

Are knives kept sharp? (FP1)

Are knives stored in a way that prevents you from getting cut? (FP2)

Are stove knobs clearly marked and easy to grasp? (FP3)

Do pots and pans have flat bottoms and lids that fit? (FP4)

Are potholders kept next to the stove or oven? (FP5)

Is there a working smoke detector in the kitchen? (FP6)

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Keep the **Stairs** safe to walk up and down

- Are handrails on both sides of the stairs? (S1)
- Is there a light switch at the top and the bottom of the stairs? (S2)
- Are stairs free of clutter? (S3)
- Can you see the step’s edges, where one step ends and the next begins? (S4)
- If stairs are carpeted, is the carpet not loose or torn? (S5)

Make **Bedroom** easy to move in & safe when dark

- Are walkways clear of clutter (shoes, clothing, magazines)? (BE1)
- Are beds made with spreads or comforters off the floor? (BE2)
- Are electrical cords along walls and out of walkways? (BE3)
- Is there a lamp within easy reach on each side of your bed? (BE4)
- Is there a night-light to light the walkway from your bedroom to the bathroom? (BE5)
- Is there a sturdy chair with arms for dressing? (BE6)

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Keep *Living Room* free of fall traps

- Are walkways and areas around your couch, chairs, and coffee table free of clutter? (L1)
- Do rugs and carpets stay in place and have nonskid backing? (L2)
- Are edges of carpet, linoleum, and doorsills smooth so you cannot trip? (L3)
- Are electrical cords along walls and not across walkways? (L4)
- Is the carpet in good condition, without any tears? (L5)
- Can you easily sit down and get up from chairs and couches? (L6)
- Is there a light switch where you enter the living room? (L7)
- Are lamps within easy reach? (L8)

Make the *Bathroom* easy to use and nonslippery

- Are grab bars inside the tub strong enough to hold your weight? (BA1)
- Are grab bars next to the toilet? (BA2)
- Do you have a toilet seat extender to make the toilet seat higher so you do not have to sit down as far? (BA3)
- Is there a nonslip mat or tape on the bottom of your tub? (BA4)
- Do floor rugs stay in place and have nonskid backing? (BA5)

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Make the *Porch* clutter-free

- Is the porch closed in with a sturdy railing? (P01)
- Is there good lighting? (P02)
- Are floor boards nailed securely and not rotted? (P03)
- Are there handrails to use when you step down from the porch to the walk or yard? (P04)
- Are porch chairs, swings, and other furniture sturdy? (P05)
- Is there a container to hold outdoor items when not in use? (P06)
- Are flower containers away from doors and traffic patterns? (P07)

Keep *Garage* trouble-free

- Are walkways and the area around the garage door free from clutter? (G1)
- Is the garage floor dry? (G2)
- Is there a light switch where you enter the garage? (G3)
- Is the garage well-lighted? (G4)
- Are items you use often stored on shelves you can reach easily? (G5)
- Are toolboxes and supplies light enough for you to carry easily? (G6)

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Maintain *Walks/Driveways* to make walking simple

- Are pavement and steps even and free from cracks? (WD1)
- Is grass or lawn smooth, without holes? (WD2)
- Are walks and steps clear of overhanging bushes, shrubs, leaves, and twigs? (WD3)
- Is walkway well-lighted? (WD4)
- Are there handrails on both sides of steps? (WD5)

Improve your *Personal* fall safety through activity and knowledge

- Do you exercise regularly to improve balance and coordination? (P1)
- Have you asked your healthcare provider: “What exercises are best for me?” (P2)
- Have you asked your pharmacist or healthcare provider:
 1. “Do any of my medicines increase the risk of falling?” (P3)
 2. “Should I take a supplement to prevent falls?” (P4)
- Do you get an annual eye exam? (P5)
- Are your shoes always suited to your activity? (P6)
- Do you drink plenty of water? (P7)

Ideas for a safer home:

- Keep a mop handy to clean floor spills.
- Put a basket or container in your room to control clutter.
- Tape down edges of carpet or rugs.
- Remove small throw rugs. Or, use nonskid tape under rugs.
- Put reflective tape on edge of steps.
- Keep a broom by walkways to sweep away leaves or debris.
- Keep ice melt or cat litter near icy walkways.
- Keep a list of emergency numbers and home addresses by the phone.
- Have a phone where it is easy to reach, even from the floor – by the bed, recliner, kitchen table.
- Wear shoes inside and outside the home.
- Get an automatic night-light.
- Get touch-on lamps that are easy to turn on.
- Put up battery-operated lights in places you need extra light.
- Set the water heater at 120° F or lower.
- Store medications in a safe place. Keep a list of medications in your wallet or purse.
- Have a smoke alarm near sleeping area. Change the batteries each year on your birthday.

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