

Fall Prevention Home Checklist

1 in 4 Americans age 65 and older fall every year. The fear of falling often leads to inactivity.* Many falls are preventable. Stay safe with this simple home checklist.

Inova Trauma and Emergency Services

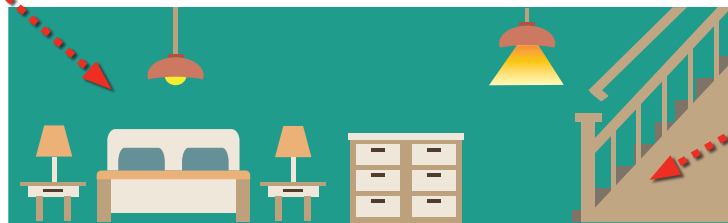
Bedroom

- Ensure lamps are easy to reach
- Keep the path from the bed to the bathroom clear
- Keep a phone on the bedroom level, and have emergency phone numbers handy



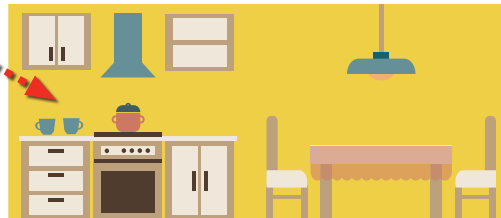
Stairs

- Fix loose or uneven steps
- Install handrails on both sides
- Make sure pathways are well lit and clear of tripping hazards



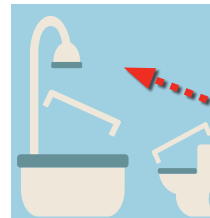
Kitchen

- Keep often-used items in easy-to-reach places
- Never use a chair as a step stool



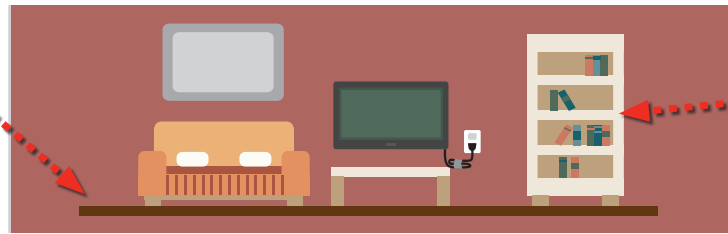
Bathroom

- Install grab bars next to toilets and inside showers
- Use nonslip mats



Floors

- Use nonskid rugs
- Conceal extension cords and wires
- Keep loose items off the floor



Furnishings

- Use contrasting colors and patterns to enhance visibility

You

- Exercise to build balance, strength and flexibility. Always check with your health care provider before starting a new exercise routine.
- Regularly review your medications with your doctor or pharmacist to make sure side effects aren't increasing your risk of falling.
- Get your vision and hearing checked annually and update your eyeglasses.
- Talk to your family members about how they can help you maintain your mobility and reduce your risk of falling.



*Source: National Council on Aging



To learn more about Inova's "Stay on your feet!" program contact InjuryPrevention@inova.org or call **703-776-3259**.

To find your nearest emergency room location and see wait times, visit inova.org/ERlocations