

# Home Safety Tips to Prevent Falls



## Safety Checklist

Aging can increase your chance of falling and getting hurt. Most of these falls can occur at home. The good news is that you can make your home safer and prevent most falls. Use this checklist to reduce your risk of falling at home. Ask a family member or friend to help make your home safer.

### Floors: Check the floor in each room

- Move furniture so you have a clear path.
- Remove rugs or use rugs with a non-slip backing.
- Pick up things that are on the floor.
- Coil or tape cords and wires next to the wall.

### Stairs and Steps: Check the stairs inside and outside your home

- Keep objects off the stairs.
- Fix loose or uneven steps.
- Use a step stool or have someone help you in hard-to-reach areas.
- Secure handrails on both sides of the stairs.

### Kitchen: Check your kitchen items and eating area

- Place items in easy-to-reach cabinets.
- Keep the items you use often on the lower shelves (about waist level).
- If a step stool is needed, use one with a bar to hold on to. Never use a chair as a step stool.

### Bathroom: Check all your bathroom floors and tubs or shower

- Use grab bars in the tub and shower.
- Dry any water on the floor.
- Make sure rugs are secure and don't slip.
- Use nightlights.
- Put a non-slip rubber mat or self-stick strips on the tub or shower floor.
- Install and use grab bars inside and outside of tub, shower and near the toilet.



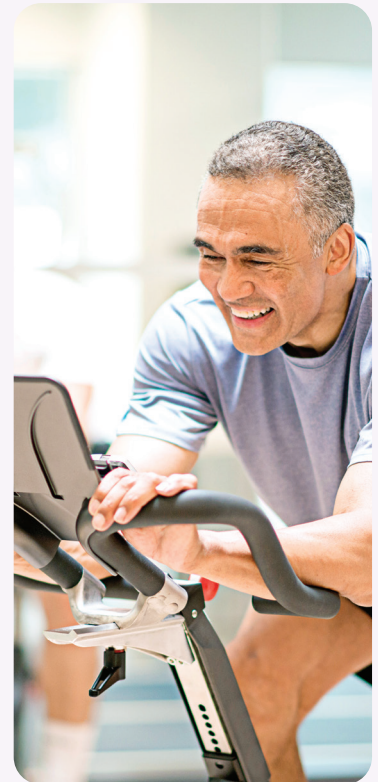
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## Bedroom: Check your bedroom setup

- ❑ Place a lamp close to the bed where it is easy to reach.
- ❑ Use a night light so you can see where you are walking.
- ❑ Keep your phone near your bed.

## More tips to prevent falls:

- Exercise often. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your chances of falling.
- Get up slowly after you sit or lie down.
- Wear shoes inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs.
- Have uniform lighting in a room. Add lighting to dark areas.
- Create a plan on what to do if a fall occurs.



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