



Fall & Safety Checklist for Patients

This checklist talks about hazards found in the home. For each area, the checklist tells you how to fix potential hazards. At the end of the checklist, you'll find other tips for preventing falls and general home safety.

FLOORS. Look at the floor in each room.



- Ask someone to move the furniture so your path is clear.
- Remove rugs or use double-sided tape or non-slip backing so the rugs won't slip.
- Pick up things that are on the floor. Always keep objects off the floor.
- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS. Look at the stairs you use inside and outside your home.



- Pick up things on the stairs. Always keep objects off stairs.
- Fix loose or uneven steps.
- Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color on dark wood.

KITCHEN. Look at your kitchen.

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.
- Move items in your cabinets. Keep things you use often on the lower shelves (About waist level).

BATHROOMS. Look at all your bathrooms.

- Put a non-slip mat or self-stick strips on the floor of the tub or shower.
- Have a home OT recommend the right position and number of grab bars in the bathroom, as well as a shower chair if needed. Also soap on a rope can prevent falls when reaching for fallen soap in the shower.

BEDROOMS. Look at all your bedrooms.

- Place a lamp close to the bed where it's easy to reach.
- Put in a night-light so you can see where you're walking. Some night-lights go on themselves after dark.

CHECK NIGHTTIME SAFETY.

- Make sure the pathway to the bathroom has no clutter and has adequate lighting (night lights for example).
- A commode or urinal at the bedside might be needed.
- Have a discussion with doctor about a Texas catheter, and/or about medications that can control overactive bladder symptoms.



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CHECK NIGHTTIME SAFETY.

- Make sure you have adequate assistance to and from the bathroom (this can include having an aide, and/or walker if needed).
- Optimize behavioral interventions to **reduce nighttime urination** (e.g. reducing fluid intake 3 hours before bedtime, using a wedge **pillow**).

TIPS FOR PREVENTING FALLS.

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination. Regular exercise programs that include balance training are recommended. Such as Tai chi, wii balance board, yoga
- 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. Consider having a home care nurse review your medications to make sure you are taking them correctly.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- Consider Cholinesterase Inhibitor (reduces falls in PD).

SAFETY & HEALTH EVALUATIONS.



- PT/OT home safety evaluation.
- Completed date:** _____
- Outpatient PT after home safety evaluation.
- Last completed date or if ongoing:** _____
- Recent bone density test.
- Date** _____ **Results** _____
- Recent B12 and vitamin D levels checked.
- Date** _____ **Results** _____
- Vision assessment (recent visual acuity check, bifocals and progressives are not recommended).

GENERAL SAFETY TIPS.

- Evaluation for assistive mobility device (cane, 4-wheeled walker, U-step walker, tilt-in-space wheelchair, motorized wheelchair or scooter).
- Keep emergency numbers in large print near each land line phone.
- Consider a Medical Alert system (e.g. Philips LifeLine).
- Evaluation for assistive device (cane, walker). Walker needs to be 4 wheeled for stability, U-step walker specifically recommended