

## HOME SAFETY CHECKLIST AND FALL PREVENTION TIPS



This checklist is a great place to start when assessing the fall safety of your loved one's home (and family homes they frequently visit).

### General (All Living Areas)

- ☐ Place working smoke detectors in hallways and near sleeping areas
- ☐ Set water heater at 110°F or lower to prevent accidental scalding
- ☐ Confirm that overload protection is provided by either circuit breakers or fuses
- ☐ Tack electric cords along walls away from traffic, NOT under rugs

### Stairways and Halls

- ☐ Make sure steps are clear and in good condition
- ☐ Check that handrails are securely fastened
- ☐ Place light switches and night lights at both ends of stairs and halls

### Bathroom/Bedroom

- ☐ Put non-skid mats in the standing area of bathtub/shower
- ☐ Install and secure toilet and tub/shower handrails
- ☐ Keep electrical appliances away from bathtub or shower area
- ☐ Keep a lamp or flashlight within easy reach of the bed
- ☐ Do not allow smoking in bed

### Kitchen

- ☐ Equip gas stoves with pilot lights and automatic cutoffs
- ☐ Keep oven mitts handy and turn pot handles away from burners
- ☐ Make sure knives are stowed in a rack or drawer and cupboard doors are closed

**Call today to discover how we can help.**

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Location 1 info continued  
[brightstarcare.com/location1](http://brightstarcare.com/location1)

**XXX-XXX-XXXX**

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BrightStar Care location 2  
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*Our location has been accredited by The Joint Commission — a widely recognized organization that evaluates the nation's best hospitals and other healthcare organizations.*

# A Fall Can Be Life-Altering But You Can Reduce the Risk

One in four adults age 65 and older fall each year.\* This can have a significant impact on their health and the way they live. To help protect your loved one, it's important to understand the top reasons for falls.

Reasons for Falls	What You Can Do	How BrightStar® Home Care Can Help
<b>Medication-related:</b> Side effects, medication interactions or incorrect use can increase risk.	Know their medication details, give regular reminders and pay special attention when medications are adjusted.	Our Registered Nurses can provide medication oversight and strategies for staying on track. Caregivers can provide medication reminders.
<b>Illness, fatigue or weakness:</b> Lack of energy and strength can contribute to falls.	Help them get to the bathroom and remain mobile, while encouraging them to eat and stay hydrated.	Our nurses evaluate fall risk as part of their in-home assessment. They use the results to create and oversee a plan of care. Our caregivers are trained in fall prevention and can help your loved one safely stay active.
<b>Lack of physical fitness:</b> People who have fallen, even if they're not hurt, can become fearful of exercise.	Tell their healthcare provider about changes in activity after a fall; suggest balance exercises like yoga or tai chi.	Your BrightStar Home Care nurse can include exercises in the care plan and have a caregiver assist with the activities. We can also work with your loved one's physical therapist to make sure they are correctly following their exercise program.
<b>Home environment:</b> Everyday surroundings can be a challenge as abilities and mobility decrease.	Reduce tripping hazards such as rugs; add railings and support bars for the tub, toilet and stairways.	We follow The Joint Commission National Patient Safety Goals® for homes. Our assessments include checking the home for risks and making recommendations.
<b>Chronic conditions:</b> Symptoms of pneumonia, diabetes, heart failure, COPD and other conditions can cause falls.	Learn about the disease so you can spot red flags. Help them follow their treatment plan including doctor visits.	We have programs that focus on specific conditions to help keep your loved one as healthy as possible. We also have resources to help you understand and manage specific health needs.

For more information about preventing falls, please visit [brightstarcare.com](https://www.brightstarcare.com).

\*CDC Older Adult Falls Reported by State: [cdc.gov/falls/data/falls-by-state.html](https://www.cdc.gov/falls/data/falls-by-state.html)