

FALL PREVENTION

Checklist and Resource Guide

DON'T LET A FALL CHANGE YOUR LIFE

Falls are the leading reason seniors lose their independence. However, falls are preventable through exercise, medication management, eye exams, and home modifications. Use this guide to assess your risk, evaluate your home, and locate resources to make your home safer. Prevent a fall and maintain your independence.



MEALS on WHEELS
DIABLO REGION

925.937.8311

www.mowdiablregion.org

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HOME SAFETY CHECKLIST

The following checklist will help you evaluate how well-equipped your home is to prevent falls and maintain your independence.

Each question you answer “No” to presents an opportunity for improvement to reduce your risk of falling. Contact one of the resources listed on the back of this brochure for assistance in addressing the hazards you have identified.

STAIRS		Yes	No	Don't Know	Doesn't Apply
	1. Are sturdy handrails provided on both sides? <i>Railings on both sides provide confidence whether going up or down.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. Are the stairs in good repair and free of clutter? <i>Carpeting and obstructions will contribute to a fall.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Are the steps in good condition and clearly marked? <i>Vision and depth perception diminish with age. Many falls occur as a result of missing the last step. Contrasting colors and non-slip surfaces can help prevent falls.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. Is lighting adequate with switches at both the top and bottom? <i>Lighting is important everywhere and especially on stairs.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BEDROOM		Yes	No	Don't Know	Doesn't Apply
	1. Is the pathway between the bed and bathroom clear of obstructions and clutter? <i>The second most common location for a fall in the home is next to your bed.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. Is your path to the bathroom lighted? <i>Automatic or continuous lighting is the best. Nightlights will do the trick.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you have a phone that is easily reachable from bed? <i>Many falls occur when we rush to answer the phone.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. Is it easy for you to get in and out of bed? <i>Adjusting the mattress height or installing a bedside pole may help.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. Do you keep a flashlight at your bedside? <i>Flashlights are helpful in the event of a power outage.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BATHROOM		Yes	No	Don't Know	Doesn't Apply
	1. Are grab bars installed in the bathing area? <i>Grab bars can help you maintain your independence and reduce falls in the bathing area. Grab bars should be installed through the wall surface and secured to the wood studs.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. Can you get on and off the toilet easily without assistance? <i>If not, commode rails or grab bars can help.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Do you have nightlights? <i>Night-time trips to the bathroom are the most dangerous. Proper lighting can help.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. Does the tub/shower floor have non-slip strips or a bath mat? <i>It is best if the mat or strips are secured to the floor with adhesive.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. Do you have a shower chair (bath bench) or hand-held shower? <i>Sitting while bathing is safer and easier, especially when using a hand-held shower.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF-ASSESSMENT

Answer the following questions for an indication of your relative risk of falling (check “yes” or “no” box for each question).

	Yes	No
1. Have you ever fallen? <i>Individuals who have fallen are more likely to fall again.</i>	<input type="checkbox"/>	<input type="checkbox"/>
2. Has your fear of falling impacted your daily activities? <i>The fear of falling often initiates a downward spiral of health and loss of independence.</i>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you taking four or more medications each day? <i>Have ALL of your medications reviewed by your doctor. Sometimes medications negatively interact, causing increased dizziness and decreased muscle strength.</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have difficulty rising from a chair without using your arms? <i>Loss of leg strength reduces your ability to recover from a near fall.</i>	<input type="checkbox"/>	<input type="checkbox"/>
5. Has it been more than one year since your last eye exam? <i>A proper eyeglass prescription is essential to minimizing your fall risk.</i>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you occasionally support yourself by grabbing onto furniture and fixtures? <i>Doing so is an indicator of reduced stability (a risk for falling).</i>	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you over the age of sixty-five? <i>Age is a predictor but need not be a definitive measure of the risk of falling.</i>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you exercise fewer than three times per week? <i>Physical activity maintains leg strength and greatly reduces the risk of falling. ALWAYS speak to your doctor before beginning an exercise program.</i>	<input type="checkbox"/>	<input type="checkbox"/>
9. Are you reluctant to ask for assistance with challenging activities? <i>Asking for help is a sign of strength, not a sign of weakness.</i>	<input type="checkbox"/>	<input type="checkbox"/>
NOTE: Answering “Yes” to two or more of these questions means that you are at significant risk of falling.	<input type="checkbox"/>	
	ADD YES COLUMN ANSWERS AND ENTER TOTAL IN BOX	

RESOURCES

The organizations listed below perform home safety assessments and practical home safety modifications (e.g. installation of grab bars, smoke detectors, and stair railings) in Contra Costa County.

	Phone	Website	Assessments	Modifications	No Cost/ Sliding Scale
Meals on Wheels Diablo Region	925.937.8311	www.mowdiabloregion.org	✓	✓	✓
Contra Costa County Fire Protection District	925.941.3327	www.cccfpd.org	✓	✓ ¹	
Home Safety Services	1.888.388.3811	www.homesafety.net	✓	✓	
Independent Living Resources	925.363.7293	www.ilrsc.org	✓		
Safe at Home Grab Bars	925.360.1909	www.safeathomegrabbars.com	✓	✓	

¹ Modifications limited to smoke detector installation only.