



Falls Reduction Quick Check

Home Safety Checklist

Please use this checklist to make sure the home is optimised and as safe as possible to help reduce the risk of falls

Lighting

- All rooms, hallways, and stairs are well-lit
- Night lights in bedrooms, hallways, and bathrooms
- Touch lamps can be easier to find at night
- Torch within easy reach of the bed

Floors & Walkways

- Loose rugs removed
- Floors clutter-free (wires, shoes, bags)
- Mop accessible for spills

Stairs

- Sturdy handrails on both sides
- Stairs clear at all times

Bathroom

- Grab rails near the toilet and in the shower/bath
- Non-slip mats inside and outside the shower
- Shower chair or raised toilet seat if needed

Furniture

- Chairs and beds are stable and easy to get in/out of
- Low, soft sofas that are difficult to stand from for guest only





Health & Physical Wellbeing

Strength & Balance

- Weekly exercises focusing on strength and balance
- Full strength in arms and legs
- Able to stand still without aids for at least 10s

Vision & Hearing

- Eye tests (at least once a year)
- Glasses clean and prescriptions up to date
- Hearing issues addressed—poor hearing affects balance

Medication Review

- Request a medication review from a GP or pharmacies
- Be cautious of medications that may cause:
- Dizziness
 - Drowsiness
 - Drops in blood pressure

Footwear

- Well-fitted, supportive shoes
- Avoid slippers without backs or grip

Hydration & Nutrition

- Regular fluid intake monitored (could fill up jug or bottle of the day so easy to monitor)
- Balanced diet to maintain strength and energy

Assistive Devices

- Walking aids (stick/frame) accessible
- Ensure walking aids are:
- The correct height
 - In good condition
- “Furniture walking” (holding onto unstable surfaces) should be avoided

Watch out for Warning Signs

- Recent falls or near misses
- Unsteadiness when walking





- Fear of falling (leading to reduced activity)
- Changes in memory or confusion
- shuffling gait

If you notice any of the above, consider seeking professional advice early.

Emergency Preparedness

- phone within easy reach
- personal alarm system
- Ensure emergency contacts are easily accessible

