

FALL PREVENTION CHECKLIST FOR CAREGIVERS

Quick steps to make home safer & reduce fall risks

AROUND THE HOUSE

- Clear walkways
- Remove loose rugs
- Add grab bars in bathroom
- Use non-slip mats in the shower or tub
- Brighten hallways & stairs
- Add nightlights

HEALTH & SAFETY

- Encourage daily movement/exercise
- Schedule regular eye & hearing checks
- Review medications with health care provider
- Ask about vitamin D & calcium for bone strength

FOOTWEAR & MOBILITY

- Wear sturdy, non-slip shoes
- Skip socks or slippers without grip
- Check cane or walker for proper fit

CAREGIVER REMINDERS

- Frame safety as independence
- Keep emergency numbers visible
- Consider a medical alert system

Tip: Start with one or two changes today. Small steps add up to big safety.