

Potential Hazards at Home?

Kitchen

- Are things you use often on high shelves?
- Is your step stool sturdy?

Stairs and Steps

- Are there papers, shoes, books, or objects on the stairs?
- Are some steps broken or uneven?
- Is there a light switch at the top and bottom of the stairs?
- Has a stairway light bulb burned out?
- Is the carpet on the steps loose or torn?
- Are handrails lose or broken?
- Is there a handrail on only one side of the stairs?

Floors

- When you walk through a room, do you walk around furniture?
- Do you have throw rugs on the floor?
- Are there objects like shoes on the floor?
- Do you have to walk around wires and cords?
- Is there a presence of pets/pet items?
- Are there any uneven surfaces through doorways/thresholds?

Bedroom

- Is the light near the bed hard to reach?
- Is the path from your bed to the bathroom dark?

Bathroom

- Is the tub or shower floor slippery?
- Do you need support getting in and out of the tub or up from the toilet?

NCOA fall risk assesment

**Complete a Fall Risk Assessment
by scanning the QR code below**



Regional Area Agencies on Aging

Your local Area Agency on Aging can help you connect you to services in your community.

Appalachian

Anderson, Cherokee,
Greenville, Oconee,
Pickens, and Spartanburg
1-800-434-4036

Catawba

Chester, Lancaster
York, and Union
1-800-662-8330

Central Midlands

Fairfield, Lexington,
Newberry, and Richland
1-866-394-4166

Lower Savannah

Aiken, Allendale,
Bamberg, Barnwell,
Calhoun, and Orangeburg
1-866-845-1550

Lowcountry

Beaufort, Colleton,
Hampton, and Jasper
1-877-846-8148

Pee Dee

Chesterfield, Darlington
Dillon, Florence, Marion,
and Marlboro
1-866-505-3331

Santee Lynchs

Clarendon, Kershaw, Lee,
and Sumter
1-803-775-7381

Trident

Berkeley, Charleston,
and Dorchester
1-800-894-0415

Upper Savannah

Abbeville, Edgefield,
Greenwood, Laurens,
McCormick, and Saluda
1-800-922-7729

Waccamaw

Georgetown, Horry, and
Williamsburg
1-888-302-7550



South Carolina
**DEPARTMENT
ON AGING**

Fall Prevention Awareness Mobility Plan



Let's create a plan to remain
independent!

Mobility

Plan

Checklist

Review medications

Review your medications with your doctor or pharmacist. Some medications have side effects (feeling dizzy or sleepy) which may increase your risk of falling.



Speak with your physician

Schedule an appointment to speak openly with your physician concerning your risk of falling and any preventative steps you could take.



Check hearing and vision

Have your vision and or hearing check yearly. Poor vision can increase your chances of falling. A mild condition of hearing loss triples the risk of an accidental fall.



Check your feet annually

Have your feet checked by your doctor annually to discuss proper footwear and ask if you need to see a podiatrist.



Exercise frequently

Exercise will improve your balance, strength and lower your chance of falling. For example: doing exercise like Tai Chi helps your legs become stronger and improve your balance.



Create an escape plan

Create an escape plan in case of a fire. In the event of a fire time is extremely important. Develop a escape plan for the quickest way to get out of your home safely.



Complete a fall risk assessment

Complete a Fall risk assessment by visiting the link below
ncoa.org/article/falls-free-checkup

Learn about alert systems

Learn about a Medical Alert System that has fall detection, 24/7 monitoring and will alert emergency support.



Pack an emergency bag

In the event of an emergency it is best to be prepared and ready to go. Think first about the basics for survival and any life sustaining items you require

Home Safety Evaluation

Perform a home safety evaluation to identify and fix any hazards that may contribute to a fall. Check locations like the Kitchen, Stairs & Steps, Floors, Bedrooms, and Bathrooms.

