

Fall Prevention Awareness Mobility Plan Checklist



South Carolina
**DEPARTMENT
ON AGING**

☐ 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.



☐ Complete a fall risk assessment

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



☐ 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.



☐ 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.



☐ 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.

CDC Potential Hazard Checklist

Stairs and Steps

- Are there papers, shoes, books, or other objects on the stairs? (always keep objects off the stairs).
- Are some steps broken or uneven? (Fix loose or uneven steps).
- Is there a light and light switch at the top and bottom of the stairs?
- Has a stairway light bulb burned out? (Have a friend or family member change the light bulb).
- Is the carpet on the steps loose or torn?
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs? (Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs and as long as the stairs).

Bathrooms

- Is the tub or shower floor slippery? (Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower).
- Do you need some support when you get in and out of the tub, or up from the toilet? (Have grab bars put in next to and inside the tub, and next to the toilet).

Kitchen

- Are things you often use on high shelves? (Keep things you use often on the lower shelves about waist high).
- Is your step stool sturdy? (If you must use a step stool, get one with a bar to hold on. NEVER use a chair as a step stool).

Floors

- When you walk through a room, do you have to walk around furniture?
- Do you have throw rugs on the floor? (Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip).
- Are there papers, shoes, books or other objects on the floor?
- Do you have to walk over or around wires or cords (like lamp, telephone or extension cords)? Coil or tape cords and wires next to the wall to prevent falls.
- 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? (Place a lamp close to the bed where it's easy to reach).
- Is the path from your bed to the bathroom dark? (Put in a nightlight so you can see where you're walking).

