

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 loose 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 visiting the
link below**

ncoa.org/article/falls-free-checkup

**or by scanning the QR code
below**



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.

