



Occupational Therapy

Home and Community Environment

Preventing Falls at Home

1 in 4 people over 65 experience a fall each year. Majority of falls happen in and around the home.

Here are some tips and tricks to preventing falls in your home.

- > Keep walkways in your home clear of clutter.
- > Tape down any exposed cords along the wall to keep them off the floor.
- > If your rugs or mats have curled edges, tape them down too or remove them.
- > If you have steps or stairs, consider marking the edges with high contrast tape to help you spot the change in levels. You can do this too with changes in floor surfaces.
- > Be mindful when wearing clothes or dressing gowns that are too long or loose, as they can get caught on things.
- > Keep regularly used items between hip and shoulder height to avoid bending and reaching.
- > Get out of bed slowly; this will give your body a chance to adjust to being in an upright position after lying down for a long time.
- > Sensor lights for hallways can be useful for night-time toilet trips.
- > Give your eyes enough time to adjust when walking behind lighter to darker areas.
- > Consider a grab rail or slip-resistant flooring in the bathroom and shower.
- > If you have a pet, put a bell on their collar so you can look out for them when they are nearby.

As we age, so do our homes. Our homes go through general 'wear and tear'. We often find it difficult to identify what needs repair or maintenance because we have lived there for many years. If you notice anything that needs fixing, speak to your local council or My Aged Care about subsidised services you can access to help manage those risks.

My Aged Care: **1800 200 422**



Home Checklist

General Safety Check for every home:

- I have a working smoke alarm
- I have a torch handy
- My phone easily accessible
- The doorways clear for emergency services to access my property

Floors:

- I have checked that my rugs and mats have slip resistant backing
- I have secured my rugs and mats to prevent them from curling in the corners
- I keep my floors clear of clutter – including cords

Lighting:

- I have a lamp or a night light near the bed
- The light switches in my home are easy to get to

Stairs and Steps:

- I have something safe to hold on to when going up or down steps
- I can tell where each step starts and stops
- My stairs/steps are clear of pots, plants and other objects

Things to do:

Occupational Therapist can conduct an in-home assessment to provide you with recommendation to suit your space.

 1300 234 263 dpvhealth.org.au

