

# Family Fall Safety Checklist

A simple guide to help families identify common fall risks at home and improve safety for older loved ones.

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## 1. Quick Home Safety Check

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Check each item if it is safe in the home.

### Lighting

- Hallways and stairs are well lit
- Light switches are easy to reach
- Night lights are used in bedrooms and bathrooms

### Floors and Walkways

- Floors are clear of clutter
- Loose rugs are removed or secured
- Electrical cords are not across walking areas

### Stairs

- Handrails are secure
- Steps are well lit
- Edges of steps are clearly visible

### Bathroom Safety

- Non-slip mats are used in the shower or bath
- Grab rails are installed if needed
- Floors are kept dry

### Furniture and Layout

- Chairs and beds are stable and easy to get in and out of
- Frequently used items are within easy reach
- Walking paths are wide and clear

## 2. Personal Risk Factors

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Consider whether any of these apply.

- History of falls
- Poor balance or mobility
- Uses a walking aid
- Takes medications that may cause dizziness
- Vision difficulties
- Lives alone for long periods

If several of these apply, additional safety planning may be helpful.

## 3. Practical Safety Steps

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Families can consider these simple improvements:

- Improve lighting in key areas
- Remove trip hazards
- Install grab rails where needed
- Review medications with a healthcare professional
- Ensure regular check-ins with family members

## 4. Emergency Preparedness

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If a fall or medical event occurs, it is important that help can be reached quickly.

Families may wish to consider:

- Keeping a phone nearby
- Regular welfare check-ins
- Wearable personal alarms that allow help to be contacted quickly

## 5. Our Family Safety Plan

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Use this space to record key contact details for your family.

**Emergency contact**

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**Backup contact**

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