

Home Safety Checklist

- Do you have a hard time Climbing or descending stairs?
- Would your stairs be safer to climb if you had another handrail?
- Are Your stairs in need of repair or uneven?
- is Your carpet on the stairs loose or unraveling?
- Are your stairs slippery?
- Do you walk around holding onto furniture in your home?
- Do you have throw rugs around the house?
- Do you have items on the floor such as towels, blankets, pillows, or shoes that interfere with pathways?
- Do you keep piles of books, magazines or papers on the floor or stairs?
- Do you walk over cords or wires that are on the floor?
- Are you missing lights over stairways or in hallways?
- Do you have lights with burned out bulbs around the home?
- Do you have a hard time reaching things on high shelves in the kitchen?
- Do you use a step stool?
- Do you forget to turn off the stove, oven or sink at times?
- Would a light next to your bed increase your safety at night?
- Are there areas in your house that would improve your safety if they were well-lit at night?
- Is your tub/shower slippery or difficult to get into?
- Do you have difficulty getting on/off the toilet?
- Do you get dizzy after sitting or standing?
- Do you get short of breath after doing your normal daily activities?
- Do you have trouble seeing or is your vision changing?
- Do you wear sock feet around the house?
- Do you own a pet?
- Are you afraid of falling?

If you answered yes to any of these questions you are at risk for a fall. Please consider making home modifications and changes that will promote safe living at home. Find more information on fall prevention at the National Council on Aging's website: <https://www.ncoa.org/healthy-aging/falls-prevention/>.



Moxie Mobility Training can assist with safe living home modification consulting and improving fitness to prevent falls to guide people to age in place safely.
Call before you fall! 508-450-6774

**STAY
STRONG
& SAFE AT
HOME**