

# MY HOME

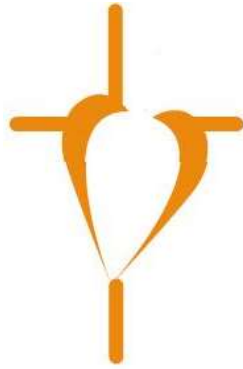
## REDUCING FALLS RISK



### An Easy Read Guide

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This guide was developed to provide handy tips on how to reduce risk for falls within the home environment.

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# TO REDUCE RISK OF FALLS CONSIDER ENTRANCES



Entrance  
Lights



Level Unbroken  
Surfaces



Level Unbroken Stairs  
Secure Handrails



Remove Papers



Cut Back Shrubs



Remove Leaves



Tidy Garden Hose



Tidy Bins

# TO REDUCE RISK OF FALLS CONSIDER LIGHTING



Entrance  
Lights



Hallway  
Lights



Living Area  
Lights



Kitchen  
Lights



Stairs and Landing  
Lights



Bedroom  
Lights



Bathroom  
Lights



Night Lights

# TO REDUCE RISK OF FALLS CONSIDER LIVING AREAS/KITCHEN



Lighting



Proper Height Furniture

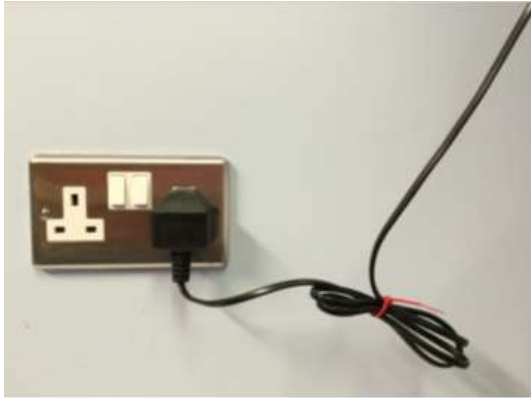


Clutter Free



Regularly Used Items  
within Reach





Tidy Electrical Cords



Remove Trip Hazards



Clean Up Spills



Remove Throw Rugs

# TO REDUCE RISK OF FALLS CONSIDER BEDROOM



Adequate  
Lighting



Bed Height



Bed Wheels  
Locked



Bedspread  
Off Floor/  
Clutter Free Space



Regularly Used  
Items in Easy Reach



Remove Throw Rugs



Personal Items  
Easy Reach



Night Light

# TO REDUCE RISK OF FALLS CONSIDER THE BATHROOM



Lighting



Clutter Free/Tidy  
Towels



Non-Slip Mat



Wipe Up Wet Floors



Personal Items  
Easy Reach



Toilet Paper  
Easy Reach



Proper Height Toilet



Grab Rail  
Secure

# TO REDUCE RISK OF FALLS CONSIDER CLOTHING



Trousers  
Fit Well  
and  
Off Floor



Dressing Gown  
Fits Well  
Consider Zip/Buttons  
and  
Knee Length



Night Clothes  
Fit Well  
And  
Off Floor



Supportive  
Proper Fitting  
Shoes and Slippers



Sole in Good Repair



Fasten Shoes  
Firmly

# TO REDUCE RISK OF FALLS CONSIDER OUTSIDE SPACES



Lighting



Level/Clear Access



Cut Back Shrubs



Remove Trip Hazards  
eg newspapers, rubble,  
uneven paths





Tidy Hose



Seasonal Hazards eg leaves, frost, snow, wet surfaces etc



Tidy Bins

**TO REDUCE RISK OF FALLS  
USE AIDS AS RECOMMENDED AND  
ARE IN GOOD REPAIR**



Orthopaedic Shoes



Insoles  
(In Correct Shoe)



Walking Aids



Replace Rubber Tips  
When Worn



Clean  
Eyeglasses



Hearing Aid  
Battery



Grab Rails  
Secure



REACHER/GRABBER



LONG HANDLED SHOE HORN



ELASTIC SHOE LACES

Help With  
Reaching