

STAY ON YOUR FEET®

Move

Improve

Remove

HOME SAFETY CHECKLIST



MAKING YOUR HOME SAFER IS IMPORTANT

Slips, trips and falls can happen to anyone but as you get older the chance of it happening to you increases. With around half of all falls happening in and around the home it is important to make your home safer so you can get on with enjoying the fun things in life.

Use this guide to make your home safer

Our home safety checklist will help you to find and make the changes you need to make your home safer, many of which will be simple and low cost.

To use this guide

- Answer the questions
- Tick the checklist off as you go along ✓
- Use the suggestions to make notes at the bottom of each page
- Fill in the action plan

You, your family and your health care professional can tick off each action as you make the changes!

"My neighbour helped me with my Home Safety Checklist"



WHO CAN HELP YOU MAKE YOUR HOME SAFER

Making your home safer is a team effort. Start by finding a friend or family member to go through this guide with you, and return the favour by doing it in their home. Many changes are simple and can be made by you, a friend or a family member. For changes you need extra help with speak to your GP for an Occupational Therapy referral or contact one of the organisations below.

Western Australia Occupational Therapy Association

waota.com.au or (08) 9388 1490

My Aged Care

myagedcare.gov.au or 1800 200 422

Independent Living Centre

ilc.com.au or 1300 885 886

Other health professionals, specialists and organisations can also help.



FLOORS

○ Are your floor coverings non-slip and in good condition?

Torn carpet, mats without non-slip backing, polished floors and tiles can cause slips and trips. Repair damaged carpets, remove mats and use slip resistant treatments on your walkways.

○ Are your wet areas safe?

Clean up spills straight away and take extra care in wet areas. Use slip resistant treatments on the base of your bath or shower and grab rails or handles to help navigate these areas safely.

○ Are there uneven surfaces in your home?

Use coloured tape to alert you to changes in your floors surface or depth such as on steps. Make sure you limit the number of mats you use in your home.

Actions

Keep your floor coverings simple and pattern free so you can easily spot hazards.



LIGHTING

○ Are all areas inside and outside of your house well-lit?

All rooms, passageways, stairwells and entrances to your home should be fitted with globes of at least 75 watts. Sensor lights can be used in areas you don't wish to leave lights on.

○ Are your light switches easy to find?

Light switches should be in easy to reach places such as room entrances and both ends of hallways. If you do not have a light switch next to your bed turn on a lamp or leave a nightlight on.

○ Do you allow yourself time to adjust when moving from brightly lit to darker areas?

It is important to adjust to changes in lighting. Turn on lights in rooms or walkways even if you are only entering briefly.

Actions



STAIRS, STEPS AND LADDERS

○ Are your stairs, steps and ladders safe?

Check that stairs, steps and ladders are not too high, narrow or uneven. This includes steps into your bath or shower and steps outside of your home which may be loose or broken and need repair.

○ Do your stairs and steps have easy to reach sturdy grab rails or a ramp fitted?

Request an Occupational Therapy Home Assessment to find out what is best for your situation.

○ Are your stairs and steps kept free of hazards?

Keep objects or clutter out of your path. If you have patterned or hard to see steps or stairs consider non-slip contrast tape or paint for the edges.

Actions



WALKWAYS

○ Are your walkways clear?

Objects and clutter can prevent you moving through your walkways safely. Keep loose cords up against the wall. Pets can also be a tripping hazard, using a collar with a bell with help you know where they are at all times.

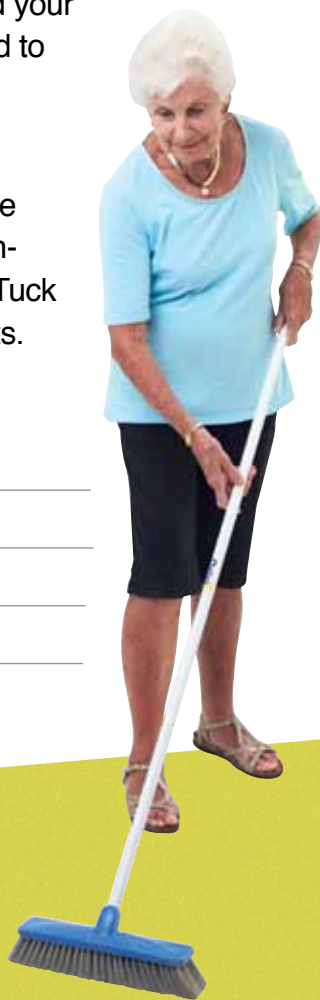
○ Is your furniture in a practical place?

Consider moving or removing furniture that narrows walkways and makes it difficult to walk around your home. If you use a walking aid you might need to widen your pathways to move safely.

○ Are your soft furnishings safe?

If you use mats or rugs in walkways make sure the edges aren't curled and the backing is non-slip or secured down with double sided tape. Tuck away any overhanging bedspreads or blankets.

Actions



FURNITURE AND STORAGE

☐ Is your furniture steady and can you stand up from it safely?

If you have trouble getting out of your bed or lounge consider aids which can assist, or replacing the furniture you have with furniture that you can move in and out of more easily.

☐ Are you storing items safely?

Store heavy items and items you use regularly in easy to reach places above waist height. Adjust shelving in your cupboards so you don't have to reach high or bend low to use your items.

☐ Are you storing important items nearby?

Keep items such as your telephone, medication and walking aids in easy to reach places where they will not be in your way and you can reach them quickly.

Actions



OUTSIDE

☐ Are your footpaths and the entrances to your house safe?

Remove overgrown plants, pot plants, damaged pavers and slip hazards from walkways leading to your house. Make sure these areas are well lit and use hand rails where needed.

☐ Do you act safely after wet weather?

Grass, pavers and other outdoor floor surfaces become slippery in wet or dewy weather. Ensure you wear non slip shoes and consider using slip resistant tread on slippery surfaces.

☐ Do you put away garden items when you are finished with them?

Put away your garden items as soon as you have finished with them so they don't become a hazard. Store your hose and garden tools safely and be aware of where your pets are when outside.

Actions



Gardening is a great way to be active outside but make sure you pack up when you are finished.

ACTION PLAN

Use this action plan to list what changes you need to make your home safer and who can help you.

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FALLS ARE PREVENTABLE

Follow these three steps to help prevent slips, trips and falls... so that you can get on with enjoying the fun things in life.

Move Your Body

Moving your body will improve your balance and posture, strengthen your muscles and bones, and improve your overall fitness and general wellbeing.

Improve Your Health

Looking after your health and wellbeing is essential at all ages to help keep you independent and reduce illness. Be aware of your body and mind. If you notice any changes such as feeling dizzy, pain, drowsy or depressed, please see your GP.

Remove Hazards

As your body gets older changes will occur. Feel confident that you can adapt to these changes and make your home safer so that you can get on with enjoying life.

For more information on how to prevent slips, trips and falls visit

www.stayonyourfeet.com.au

Email: info@stayonyourfeet.com.au

Phone: **1300 30 35 40**