

Falls are one of the leading health risks for older adults, and most happen at home. According to the CDC, **1 in 4 adults age 65 and older falls each year**, often leading to injuries that can reduce independence and quality of life. The good news is that many falls can be prevented by making simple changes in the home.

This guide is designed to help you—or a loved one—walk through the home and identify areas where safety can be improved. Use this checklist room by room to reduce fall risks and create a safer living environment.

FALL PREVENTION HOME CHECKLIST

General Home Safety

- ☐ Keep floors clear of clutter, cords, and loose objects
- ☐ Remove throw rugs or secure them with non-slip backing
- ☐ Ensure hallways and stairways are well lit
- ☐ Add night lights in bedrooms, bathrooms, and hallways
- ☐ Arrange furniture to create clear walking paths
- ☐ Store frequently used items within easy reach to avoid bending or climbing



Stairs & Hallways

- ☐ Handrails installed on both sides of stairways
- ☐ Steps are in good repair and free of loose carpeting
- ☐ Good lighting at both the top and bottom of staircases
- ☐ Consider installing a stairlift if stairs have become difficult or unsafe



Bathroom

- ☐ Install grab bars near toilets and inside/outside the shower or tub
- ☐ Use a non-slip mat in the shower and on the bathroom floor
- ☐ Consider a shower chair or handheld showerhead for stability
- ☐ Keep toiletries within easy reach to avoid stretching or bending



Bedroom

- ☐ Place a night light or lamp within reach of the bed
- ☐ Keep a phone or emergency alert system nearby
- ☐ Ensure the path from bed to bathroom is clear of obstacles
- ☐ Bed height should allow feet to rest flat on the floor when sitting on the edge



Kitchen

- ☐ Wipe up spills immediately to prevent slippery floors
- ☐ Use non-slip rugs in front of sinks or stoves
- ☐ Store heavy items at waist level to avoid straining
- ☐ Avoid using step stools; ask for help if something is out of reach



FALL PREVENTION HOME CHECKLIST (CONT.)

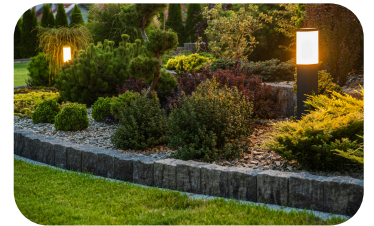
Living Areas

- ☐ Secure electrical cords along walls to prevent tripping
- ☐ Arrange furniture so walkways are clear and wide
- ☐ Ensure chairs and couches are stable and easy to get in and out of
- ☐ Keep remote controls, phones, and eyeglasses within easy reach



Outdoors

- ☐ Keep walkways, porches, and driveways clear of leaves, snow, or ice
- ☐ Install sturdy railings on outdoor steps
- ☐ Ensure good lighting near entryways and paths
- ☐ Use non-slip mats at entrances



Walking through your home with this checklist can help reduce the risk of falls and support independence for years to come. If stairs, mobility, or accessibility remain challenges, solutions such as stairlifts, ramps, and grab bars can make a dramatic difference.

For personalized guidance, contact **Freedom Mobility Solutions**—we can help identify safety improvements and provide professional installation of home accessibility equipment.

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Sometimes the best way to understand what products will work for your home is to see and try them in person.

At our Hanover, MD and Ashburn, VA showrooms, you'll find a wide selection of mobility and accessibility products—from lift chairs, powerchairs, scooters, patient transfer lifts, and bathroom safety solutions.

Our trained consultants can walk you through your options, answer questions, and help you choose the right equipment to make your home safer and more comfortable.

