

KaAnyi PLLC

Home Fall Prevention Checklist

Stay safe. Stay independent.

Use this checklist to identify common fall hazards in your home. Check each item as it is completed.

ENTRYWAYS

- ☐ Walkways are free of clutter.
- ☐ Outdoor lighting is adequate.
- ☐ Steps have sturdy handrails.
- ☐ Uneven sidewalks or steps are repaired.
- ☐ Doormats lie flat and have non-slip backing.

LIVING ROOM

- ☐ Walking paths are clear.
- ☐ Electrical cords are secured and out of the way.
- ☐ Throw rugs are removed or secured.
- ☐ Furniture is arranged to allow easy movement.
- ☐ Frequently used items are easy to reach.

KITCHEN

- ☐ Frequently used dishes are stored between waist and shoulder height.
- ☐ Floors are kept clean and dry.
- ☐ Step stools have handrails and non-slip feet.
- ☐ Spills are cleaned immediately.

BATHROOM

- ☐ Grab bars are installed near the toilet and shower.
- ☐ Non-slip mats are used in the shower or bathtub.
- ☐ Bathroom floors are kept dry.
- ☐ A shower chair or tub bench is available if recommended.
- ☐ A handheld showerhead is available if needed.

BEDROOM

- ☐ A lamp is within easy reach of the bed.
- ☐ Nightlights are installed.
- ☐ The path from the bedroom to the bathroom is clear.
- ☐ Shoes or slippers have non-slip soles.

GENERAL SAFETY

- ☐ Wear supportive, non-slip footwear.
- ☐ Use your walker or cane as recommended.
- ☐ Have your vision checked regularly.
- ☐ Review medications with your healthcare provider.
- ☐ Stand up slowly to prevent dizziness.
- ☐ Stay physically active to maintain strength and balance.

When to Contact an Occupational Therapist

- You or a loved one has fallen recently.
- You feel unsteady while walking or transferring.
- Getting in or out of the shower is difficult.
- You need recommendations for home safety equipment.
- You want to remain as independent as possible at home.

KaAnyi PLLC helps individuals remain safe, independent, and confident at home.

Home safety assessments | Fall prevention | Adaptive equipment recommendations | Caregiver education

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This checklist is for general educational purposes and does not replace an individualized medical or occupational therapy evaluation. Call 911 for emergencies.