

Falls are the number one cause of fatal and nonfatal injuries among older Americans. [AARP](#) provides a checklist so your loved one can avoid the risks and dangers that come with their increased chance of falling. Consider making these safety modifications to make their home slip-free.

[AARP'S](#) PREVENTING FALLS CHECKLIST

To Do

All Rooms

- Install carpet with a short, dense pile.
- Secure rugs with double-sided carpet tape.
- Use non-skid, no-wax flooring.
- Make thresholds even with the floor.
- Arrange furniture so you can easily get around it.
- Reposition electrical and extension cords out of the way.
- Keep exits and hallways open.
- Use stable chairs with armrests to help you get up
- Provide bright, evenly distributed light.
- Use lampshades that reduce glare.
- Put light switches and electrical outlets within easy reach.
- Use nightlights.
- Don't leave anything on the floor that might cause you to trip.

Stairs

- Install handrails on both sides of stairways at the best height for you.
- Make sure steps are even and in good shape.
- Check that carpet adheres firmly along stairs; repair or replace worn carpet.
- Choose a carpet that doesn't hide step edges or create illusions such as steps that appear deeper than they are.
- Remove rugs at the top or bottom of stairways and secure all other rugs firmly to the floor.
- Use good lighting (at least 60-watt bulbs) in stairways; install on-off switches at the top and bottom of stairs.
- Make sure stairs are clear of all objects.
- Watch out for a single step—people often trip when there is only one step.

Kitchen

- Choose sturdy step stools, preferably with handrails, and throw away broken step stools.
- Clean spills immediately to avoid slipping. Walk on floors only after cleaning solutions have dried thoroughly.
- Do away with floor wax.
- Don't stand on the countertops.

Bathroom

- Use rubber bath mats or strips in bathtubs and showers.
- Install at least two grab bars in the shower/bath.
- Clean up water from the floor.
- Secure bathroom rugs to the floor.
- Use raised toilet seats and install handrails within reach.
- Always use a night-light.

Outside

- Brightly light all paths and stoops.
- Install handrails along any flight of outdoor steps.
- Spread sand or salt on icy walkways.
- Keep steps, sidewalks, decks, and porches clear of newspapers, sticks, rocks, wet leaves, and other debris.
- Repair broken or uneven pavement on walkways and driveways.
- Remove roots that protrude from the ground.
- Clean spills immediately, especially oily ones on concrete or asphalt.

Tips

- Use non-skid contrasting tape, rubber stair treads, or coated, skid-resistant treatment on non-carpeted stairs; apply tape to dry, clean surfaces at one-inch intervals; use three long strips of tape on each step.
- Take your time and pay attention when you're on the stairs.
- Be especially careful when you carry large loads.
- Don't wear shoes you can slip in.

Be careful when you

- can't reach the handrails.
- can't grasp them properly because they're in an awkward shape.
- encounter uneven steps, obstacles on the steps, or non-skid treads that are too small.
- find floor wax, surfaces in poor repair, worn tread surfaces, or poorly secured floor coverings on your floors.
- experience distractions around you.

1+1 Cares also provides protocols your loved one can take for [fall prevention](#).

1+1 Cares is a referral agency that works for clients and caregivers. We match caregivers with clients and inform them of your requirements. We work for you so you and your loved one can have a safe, enjoyable caregiving experience.