



# Creating a Safer Home

## Falls Prevention

- Remove objects that block walking paths in the home (furniture, electrical cords, cluttered areas)
- Remove rugs or use non-slip mats to secure them to the floor
- Make sure there is adequate lighting near doorways, stairways, between rooms, and easy to reach lighting at the bedside
- Install grab bars and non-slip mats in the bathrooms



## Hazards in the Home

- Store substances that could be poisonous (i.e. cleaning supplies, toxic chemicals) in a secured area
- Remove or disable firearms or other weapons, and ensure that they are locked up
- Monitor the use of heating pads, hair dryers, curling irons, electric appliances, and razors
- Check to make sure smoke and carbon monoxide detectors are working properly
- Kitchen stovetop and appliances have been safety proofed
- Check refrigerator regularly for spoiled or expired foods



## Medication Safety

- Have a doctor or pharmacist review your medications regularly
- Consider using a daily pill box and/or reminder alarms to help keep track of your medications
- Identify a trusted person who will provide regular reminders and check to make sure that you take the medications correctly



