

Home Safety

Simple Steps for a Safer Home

Why Home Safety Matters

- 1 in 4 adults age 65+ experiences a fall each year
- Falls are the leading cause of injury in older adults
- Many falls result in hospital visits, loss of independence, and reduced quality of life
- Fear of falling can lead to less activity, isolation, and decline

Common Home Hazards

- Loose rugs or uneven flooring
- Cluttered walkways
- Poor lighting
- No grab bars in bathrooms
- Stairs without secure handrails

Simple Ways to Make Your Home Safer

- Install grab bars near toilets and in showers
- Use non-slip mats in bathrooms and kitchens
- Improve lighting in hallways and stairways
- Keep walkways clear of clutter
- Add handrails on both sides of stairs
- Consider shower chairs or raised toilet seats

Local Support & Resources

- Area Agency on Aging
- Local senior centers
- Community wellness programs

Helpful Equipment

- Walkers, rollators, or canes
- Raised toilet seats and shower benches
- Reachers, dressing aids, and grab tools
- Lift chairs or adjustable beds

Stay Strong. Stay Steady.

- Build strength and balance to reduce fall risk
- Wear supportive, non-slip shoes
- Try simple exercises like:
 - Sit-to-stand
 - Heel-to-toe walking
 - Chair-based exercises

Vision, Hearing & Safety

- Use bright, even lighting throughout your home
- Add contrast (dark, non-slip mats, stair edge markings)
- Use visual alerts for alarms and doorbells
- Be mindful of reduced sensation

When to Ask for Help

Consider a therapy evaluation if you notice:

- A recent fall or hospitalization
- Difficulty walking, dressing, or bathing
- Changes in balance or strength
- New concerns with memory, speech, or swallowing

How Therapy Can Help



Physical Therapy (PT):
Strength, balance,
mobility



Occupational Therapy (OT):
Daily activities &
home safety



Speech Therapy (ST):
Communication &
cognitive support

