



**Home Safety and Fall Prevention:**

<b>General Home Environment</b>	<b>Kitchen</b>
<ul style="list-style-type: none"> <li>• Adequate lighting in all rooms, stairwells and halls</li> <li>• Wear supportive nonskid footwear</li> <li>• Remove clutter and clear pathways including electrical cords and oxygen tubing</li> <li>• Remove or secure all scatter rugs</li> <li>• Carry a cell phone or cordless phone with you at all times or if you have an emergency notification device have it on your body</li> <li>• Utilize heating pads/ blankets under the recommendation of your health care provider</li> </ul>	<ul style="list-style-type: none"> <li>• Have frequently used item easily accessible i.e. counter or lower shelves in cabinets</li> <li>• Avoid step stools</li> <li>• Clean up any spills immediately</li> <li>• Use caution around the stove, avoid loose clothing that could catch fire</li> <li>• Do not use of oxygen near stove or burners</li> <li>• Do not use the stove burners or oven for heat</li> </ul>

<b>Bathroom</b>	<b>Bedroom</b>
<ul style="list-style-type: none"> <li>• Utilize bathroom equipment per the recommendation of your therapist</li> <li>• Bath mats should be nonskid</li> <li>• Keep frequently used items easily accessible</li> <li>• Utilize nightlights</li> <li>• Avoid the use of bath oils or powder</li> </ul>	<ul style="list-style-type: none"> <li>• If recommended by therapist move bedroom to first floor</li> <li>• Accessible lighting able to be reached from the bed</li> <li>• Leave nonskid footwear at bedside</li> <li>• Adjust bed height if recommended by therapist</li> </ul>

<b>Fire Safety</b>	<b>Fall Prevention Tips</b>
<ul style="list-style-type: none"> <li>• In the event of a fire, get out your home first then call 911</li> <li>• Keep electrical cords away from water sources</li> <li>• Do not overload extension cords or use if damaged</li> <li>• Install smoke detectors and carbon monoxide detectors and keep in good working order. Regularly test alarms and change batteries twice a year</li> <li>• Keep at least one multipurpose fire extinguisher on hand</li> <li>• Do not block exits</li> </ul>	<ul style="list-style-type: none"> <li>• Change position slowly</li> <li>• Utilize your walking device as instructed by your therapist</li> <li>• Medications may have side effects (dizziness, drowsiness, confusion) that increase your risk for falls. Your health care provider will discuss this with you</li> </ul>