

FREE FAMILY RESOURCE

Fall Prevention Checklist

Simple steps families can take after a fall or near-fall.

Home Hazards

- ☐ Remove throw rugs and clutter
- ☐ Add nightlights to bathroom path
- ☐ Check stairs and railings
- ☐ Use non-slip bathroom surfaces

Health Factors

- ☐ Review medications and dizziness
- ☐ Check vision and footwear
- ☐ Watch hydration and nutrition
- ☐ Ask about therapy or strengthening

Night Risk

- ☐ Clear path to toilet
- ☐ Bedside commode if needed
- ☐ Avoid rushing to bathroom
- ☐ Consider supervision if confused

When to Reassess

- ☐ Two or more falls
- ☐ Fear of walking alone
- ☐ Caregiver cannot lift safely
- ☐ Home is no longer realistic

Free local senior care guidance for families

Questions about home care, assisted living, memory care, or care transitions? Contact Dave Hood | 508-965-0989 | caregiverbinder.net

Educational resource only. Not medical, legal, financial, or emergency advice.