

Fall Safety Checklist

✓ Home Safety

- ☐ Clear walkways of clutter, cords, and loose rugs
- ☐ Use non-slip mats in bathrooms and kitchens
- ☐ Add grab bars in bathrooms and railings on stairs
- ☐ Place nightlights in hallways, bedrooms, and bathrooms

✓ Health & Wellness

- ☐ Schedule a vision and hearing check each year
- ☐ Review all medications with my doctor for side effects
- ☐ Stay on track with my chronic condition care plan (*diabetes, heart, kidney, etc.*)
- ☐ Get recommended screenings and vaccinations

✓ Strength & Balance

- ☐ Walk or do light activity for at least 20 minutes most days
- ☐ Try balance exercises (*like standing on one foot with support*)
- ☐ Stretch daily to improve flexibility
- ☐ Eat balanced meals with plenty of fruits, vegetables, and protein

✓ Support & Confidence

- ☐ Ask family or friends for help with chores or errands when needed
- ☐ Use a cane, walker, or mobility aid if recommended by my doctor
- ☐ Keep a phone or medical alert device nearby in case of emergencies

Your Next Step

Staying safe at home means staying independent longer. You can print out this Fall Safety Checklist and use it as a guide to make small changes that protect your health and confidence every day.