

## Falls Prevention – Home safety

- One in three people over 65 living in the community, will have at least one fall during the next 12 months.
- 60 per cent of falls in the 65+ age group happen in and around the home.
- A safe home and surroundings can help you to maintain an independent lifestyle and reduce your risk of falling.

### Check your surroundings and take steps to make them safer.

- **Floors:** Secure rugs (or remove them). Have non-slip floors. Remove clutter.
- **Lighting:** Ensure adequate lighting in all rooms, steps and stairs. Use night lights inside and sensor lights outside.
- **Kitchen:** Mop up spills straight away. Don't climb on chairs to reach high cupboards.
- **Cords and cables:** Remove cords and cables from walkways.
- **Stairs and Steps:** Mark edges of steps clearly, use slip-resistant strips. Install handrails.
- **Bathroom:** Install grab rails in your shower, use a non-slip mat, be careful on wet floors.
- **Garden areas:** Make sure that paths are even and free of moss. Keep paths free of garden tools.

### For further help:

**Home safety checklist** - on home hazards and suggestions to manage them, is available in the *Staying Active and on Your Feet* booklet. Ask your health professional for a copy, or see [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

Noeline Brown, Ambassador for Ageing



**Assessment** - Local Aged Care Services or Community Health Care Team can assist in assessing your home and health. Contact through your local hospital.

