



# **East Toronto Health Partners (ETHP)**

## **Falls Prevention Toolkit:**

*A shared resource for Ontario Health Team partner organizations to inform their individual organizational fall prevention programs*

August 2023





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## Disclaimer

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## Patient/Client Handout and Infographic Cut-Outs

### Target Users

Providers working in a variety of settings

### Falls-Prevention Patient/Client Handout

A summary resource that can be used as a high-level primer for staff seeking a single, double-sided document with information to review with patients. The document may be used exclusively by staff as a resource or with patients/caregivers as appropriate ([Appendix A](#)).

A higher resolution PDF may be found [here](#).



## How to Prevent Falls at Home

Falls are the leading cause of injury among older Canadians, with 20-30% seniors experiencing one or more falls each year. Most falls happen at home because the person slips or stumbles. This guide has ideas for changes you can make to lower your risk of falling.

### Keeping your home safe

<u>Living spaces</u> <ul style="list-style-type: none"><li>• Use bright lighting</li><li>• Remove clutter in your hallways</li><li>• Keep the floor dry and clean up any spills</li></ul>	<u>In the bathroom</u> <ul style="list-style-type: none"><li>• Remove soap build-up in the shower and tub</li><li>• Install grab bars for your shower, tub and toilet</li><li>• Use non-slip bath mats</li></ul>
---	--

## Patient/Client Infographic Cut-Outs

An accompanying resource intended for patients/caregivers to support visual cues and prompting of falls risk prevention strategies around the home by locating them at the point-of-care where it would be most useful ([Appendix B](#))

A higher resolution PDF may be found [here](#).

### Directions:

- (1) Print pages (single-sided).
- (2) Cut along dotted lines.
- (3) Attach to wall using tape in each of the indicated rooms / near specific areas around the home.

## How to Prevent Falls at Home

Falls are the leading cause of injury among older Canadians, with 20-30% of seniors experiencing one or more falls each year. Most falls happen at home because the person slips or stumbles.

This guide has ideas for changes you can make to lower your risk of falling. You may print out these pages and cut out each section to hang around your home as helpful reminders on how to keep yourself safe.



### How to prevent falls in your living room

**The way you set up your living space can help prevent falls.  
Here are a few tips to make your living space safer:**



Use



Keep  
floors dry



Be mindful of  
uneven floors

Use non-skid  
floor wax when  
cleaning



Remove  
hallway  
clutter



# Patient Oriented Discharge Summary (PODS) for Falls Prevention

## Target Users

Providers working in hospital and homecare settings

## Description and Indications for Use

The period following discharge from hospital is a vulnerable time for patients. Clearly communicating important information patients need to know the moment they leave hospital is often challenging in practice. Patients do not understand medical terms, might not be fluent in English/French, cannot memorize verbal instructions, or are too stressed at time of illness to absorb information.

To understand the gap, research was conducted across Ontario in 2014 to determine what patients and families need to know to be safe when leaving the hospital. Based on the research findings, the Patient Oriented Discharge Summary (PODS) was created. Co-designed with patients and healthcare providers, PODS is a simple tool and set of process changes to inform patients of what they might feel, what signs and symptoms to watch for, alert them to any changes in medication, inform them of any appointments and where they can go for more information.

PODS was piloted in 8 Toronto-area hospital departments spanning adult, pediatric, rehabilitation, acute, and surgery in 2015. Results showed that patient satisfaction scores related to discharge experience increased between 9.3% and 19.4% after PODS implementation. Among the providers involved, over 80% felt that it did not add to their workload, saying that PODS gives structure to the discharge conversation, thereby increasing consistency and making it more efficient to get the most critical information across.

The PODS format has now been adopted in many hospitals across Ontario. At MGH, PODS are currently used in the surgery health service, CIU and respiratory medicine.

## Patient Oriented Discharge Summary Documentation

Patient education content should be documented and tracked. Education strategies, which include the type of written materials provided, verbal review of content, teach-back strategies, and skill demonstration should be documented to ensure the team is able to emphasize key points and track patient's comfort with the knowledge or skill. PODS are the written materials that support the discharge teaching that occurs in the hospital setting.

The documentation of PODs in the hospital setting is outlined below:

- Medications
- Appointments
- Actions to take when one sustains a fall
- Actions to take if one is injured or unwell after a fall
- Strategies for fall prevention

If patient teaching occurs in sections or chunks and as noted in the image below, the team can emphasize what has been discussed, what materials have been covered, how the patient has demonstrated understanding of the content and/or skill.



Here is an example of a PODS documentation:

Patient Education					
Education Strategies					
	Written materials provided	Verbal review of content	Teach back	Skill demonstrations	Comment
Health problem education	X				
Medication education					
Diet education	X				
Activity education					
Self care education		X	X	X	

Additional comments:

## Patient Oriented Discharge Training Resources

### Falls teach-back presentation and PODS

The link below provides a presentation on how to use the PODs in conjunction with teach-back methods.

[https://ethp.ca/ethp/wp-content/uploads/2023/07/Falls-POD-Video\\_-Discharge-Community.pptx.pdf](https://ethp.ca/ethp/wp-content/uploads/2023/07/Falls-POD-Video_-Discharge-Community.pptx.pdf)

See [Appendix C](#) for a sample of the slides

### Falls PODS (Home) Video

If you would like to view falls PODS (home) video, then please click the link below:

<https://youtu.be/dDYAgiygbKo>


### Falls PODS (Hospital discharge) Video

If you would like to view falls PODS (hospital) video, then please click the link below:

<https://youtu.be/1OTzPBgAOh4>

### Hospital PODS for Discharge Document

If you would like to view the TEHN hospital falls PODS document, then please click [here](#) .



## Falls Prevention Program – Topic Inventory Checklist for Staff Education and Sample Resources to Support Resource Development

### Descriptions and Indications for Use

A robust falls prevention program leverages healthcare professionals' clinical knowledge and therapeutic relationship to engage patients, families, and to actively learn about the modifiable risk factors to prevent falls. Clinical programs can support their healthcare professionals' own knowledge competencies on various topics through the creation of a falls-related resource library that may be used by interprofessional team members as standalone educational primers or together as teaching aids with patients (depending on their level of engagement and abilities).

The purpose of the Educational Topic Inventory (see page. 9) is to briefly describe topics of value for organizations seeking to build a falls prevention resource library. The checklist format allows for a gap analysis of existing resources by program leads to identify opportunities for new resource development.

### Sample References to Support Resource Development

Note: Sample references have been provided to support organizations to develop their own resources to support healthcare provider education and are not intended to be distributed as presented.

Link to sample resources available on the East Toronto Health Partners website:

<https://ethp.ca/our-work/best-practice-spotlight-organization-ontario-health-team/sample-references-for-healthcare-provider-education-on-falls-prevention/>



## Educational Topic Inventory

	Topic	Description & Rationale	Resources Available (Y/N)
1	General Falls Risk Assessment	A standardized checklist or validated falls-risk assessment tool is recommended to be adopted and used by all clinical team members.	
2	Home Environmental Hazards	A checklist or guide to support healthcare professionals' ability to perform an environmental scan of patients' home environments to identify hazards.	
3	Home Safety Equipment	A visual guide (with images and descriptors) to introduce home safety equipment. Detailed information should include the purpose, function, appropriateness, and where and when the equipment is likely to be used.	
4	Medication Safety	An introduction to drug classes and commonly prescribed medications whose mechanism of action or side effects may increase risk of falling.	
5	Visual Challenges	A resource supporting healthcare professionals' conversations with patients for the importance of proper lighting and corrective eyewear to prevent falls.	
6	Auditory Challenges	A resource supporting healthcare professionals' conversations with patients for the role of auditory acuity/hearing loss during communication may increase falls risk.	
7	Incontinence and Urgency	Topic guides to support conversations with patients about lifestyle habits that could reduce the need for attempting night-time or unaccompanied/high-risk visits to the bathroom.	
8	Positional Considerations	Topic guides to support awareness of postural hypertension risks and reducing the risk of dizziness leading to a fall.	
9	Foot Health	A resource to guide healthcare providers' assessment of optimal foot health and care, recognizing how foot growths, pain, and numbness could increase risk of falls.	
10	Footwear	A resource to support the assessment of proper, footwear that will enhance mobility and reduce the risk of falls brought on by ill-fitting footwear.	
11	Walking & Mobility Aids	Education supporting the use of different walking aids (i.e. canes, walkers) to support safe mobility. Extra attention to prepare	

		healthcare providers' to have conversations to encourage compliance.	
12	Physical Activity Recommendations	Resources drawing from evidenced-based resources to support age-appropriate routine physical activity that can build strength.	
13	Exercises for Building Strength & Flexibility	A resource with recommended evidenced-based, age-appropriate exercises designed to strengthen and increase flexibility can support falls prevention.	
14	Nutrition and Hydration	A resource that raises awareness and conversations around malnutrition and dehydration which could result in fatigue, dizziness, strength, and judgement – all contributors to falls risk.	
15	Fear of Falling	Topic guide to support healthcare providers' to engage patient perceptions and fears surrounding initial/subsequent falls which can influence their interest in other falls-risk prevention activities.	
16	Getting up after a Fall / Post-Fall Management	A resource designed to support patients and caregivers to respond and manage patients after a witnessed or unwitnessed falls to prevent further injury.	

# Appendix A – Healthcare Provider Falls Prevention Educational Primer



## How to Prevent Falls at Home

Falls are the leading cause of injury among older Canadians, with 20-30% seniors experiencing one or more falls each year. Most falls happen at home because the person slips or stumbles. This guide has ideas for changes you can make to lower your risk of falling.

### Keeping your home safe

#### Living spaces

- Use bright lighting
- Remove clutter in your hallways
- Keep the floor dry and clean up any spills quickly
- Try not to walk on wet floors
- Use non-skid floor wax when cleaning vinyl or wood floors
- Be mindful of uneven floors. If possible, speak to your landlord (if applicable) or a handyman/contractor who can help fix or maintain these.
- Area rugs are tripping hazards. Either get rid of area rugs or make sure they are non-slip.
- Keep items you use often within reach and avoid the use of step stools when possible.
- Keep electrical wires and cables out of the way



#### In the bathroom

- Remove soap build-up in the shower and tub
- Install grab bars for your shower, tub and toilet
- Use non-slip bath mats
- Use a bath chair or bench and hand-held shower nozzle in the shower and tub
- Use a motion-censored nightlight in places that often gets dark

#### In the bedroom

- Make sure your bedside light is easy to reach
- Avoid bedding that is too big and touches the floor
- Use a sturdy chair with side arms when you are getting dressed
- Move slowly out of your bed or chair. Getting up suddenly can make you dizzy

#### On the stairs

- Avoid clutter
- Use handrails on both sides of the stairs
- Install non-slip treads if you can
- Add coloured paint on your first and last stair
- Try to go up and down the stairs as few times as possible

### Keeping yourself healthy

Seeing your health care providers regularly can help prevent falls. These health care providers can:

- Review your medication(s) to reduce your risk of falling
- Suggest ways to keep you safe
- Evaluate your strength, balance and walking
- Make a referral to your optometrist or ophthalmologist to check your eye sight and make sure your glasses prescription is up-to-date
- Help if you find that you have to go to the bathroom often or need help managing incontinence

Eat healthy meals:

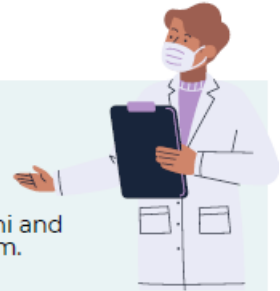
- Nutritious meals help to keep up strength, resistance and balance
- Eat lots of vegetables and fruits
- Don't skip meals - it can cause weakness and dizziness
- Drink enough water throughout the day in order to stay hydrated



## Staying active

Moving a bit every day can help prevent falls. You can:

- Use a cane or walker if recommended by your doctor, nurse or care provider
- Take your time standing up, sitting down, walking or climbing stairs
- Do regular strength and balance exercises. Consider a class like yoga or tai chi and speak to your doctor or nurse practitioner before starting an exercise program.
- Engage in physical activity every day. It's your best defense against falls



## Wearing safe and comfortable clothes

Choosing the right clothes can help lower your risk of falls. Here are some tips:

- Wear non-skid shoes, even around your home
- Avoid wearing slippers, flip-flops and high heels
- Avoid wearing socks with no shoes
- Wear clothes that do not drag on the ground, and are not too baggy. Baggy clothes can catch on items and cause you to fall
- Wear your glasses and hearing aids

## Staying safe outdoors

Going outside is good for your health and a great way to stay active. Here's what you can do to stay safe outdoors:

- Use bright outdoor lighting to see where you are walking
- Use paths where ice, leaves, rocks and snow are cleared regularly
- Be mindful of risks in your outdoor space like: plants; raised decks, porches or steps where it may be helpful to have a guardrail; broken walkways and driveway edges
- If possible, speak to your landlord (if applicable) or a landscaper who can help you maintain these.

## What if you fall?

If you fall and you are not injured:

1. Turn onto your side, bend the leg on top and lift yourself onto your elbows or hands
2. Crawl on your hands and knees towards a sturdy piece of furniture or a structure
3. Place both hands on the piece of furniture or a structure
4. Place your stronger leg in front, hold on to the furniture or structure, and stand up
5. Carefully turn around and sit down
6. Call your doctor or care provider

If you fall and feel dizzy or that you may be injured:

1. Do not try to get up
2. Do not drive yourself to the hospital
3. If you have an emergency call device or telephone close by, use it to get help
4. If you don't, call out for help if you think you can be heard, or slide/crawl to a telephone or place where you can be heard
5. Make noise with a cane or any object to attract attention
6. Find the most comfortable position and wait for help
7. Use anything near you for comfort and warmth

For more tools and tips on how to prevent falls, please visit:

<https://ethp.ca/>



## Appendix B – Falls Prevention Patient Infographics Cut-outs



### How to Prevent Falls at Home

Falls are the leading cause of injury among older Canadians, with 20-30% of seniors experiencing one or more falls each year. Most falls happen at home because the person slips or stumbles.

This guide has ideas for changes you can make to lower your risk of falling. You may print out these pages and cut out each section to hang around your home as helpful reminders on how to keep yourself safe.



#### How to prevent falls in your living room

The way you set up your living space can help prevent falls. Here are a few tips to make your living space safer:



Use bright lighting



Keep floors dry and clean up spills



Don't walk on wet floors

Be mindful of uneven floors

Use non-skid floor wax when cleaning



Remove hallway clutter



Keep electrical cords out of the way



Keep items you use often within reach



Avoid the use of step stools



Remove area rugs



## How to prevent falls in your bathroom

The way you set up your bathroom can help prevent falls.  
Here are a few tips to make your bathroom safer:

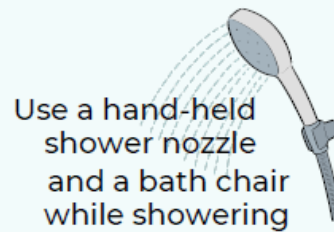


Remove soap buildup



Use non-slip bath mats

Install grab bars in your bath



Use a hand-held shower nozzle and a bath chair while showering



Have an automatic nightlight



## How to prevent falls in your bedroom

The way you set up your bedroom can help prevent falls.  
Here are a few tips to make your bedroom safer:



Keep your bedside lamp within reach

Avoid bedding that is too big and touches the floor

Use a sturdy chair with side arms while getting dressed



Use bright lighting



Keep electrical cords out of the way



Remove bedroom clutter



Remove area rugs



## How to prevent falls on the stairs

The way you set up your stairs can help prevent falls. Here are a few tips to make your stairway safer:



Use bright lighting



Use handrails



Add coloured paint on the first and last step



Remove clutter

Install non-slip treads



Remove area rugs

Try to go up and down the stairs as few times as possible



## Prevent falls by keeping healthy

Seeing your health care provider regularly can help prevent falls. These health care providers can:

Suggest ways to keep you safe



Change your medications to reduce your risk of falling

Evaluate your strength, balance and walking



If you have to go to the bathroom often or need help with bladder control, speak to your health care providers



Check your eyes and make sure your prescription is up-to-date



## Prevent falls by staying active

Moving a bit every day can help prevent falls. You can:



Use your cane or walker if recommended by your health care provider

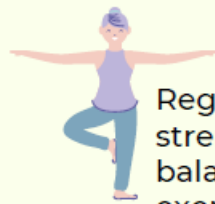


Consider taking a yoga or tai chi class

Take your time when standing up, sitting down, walking or climbing stairs



Eat nutritious meals with lots of fruits and vegetables to keep up strength, resistance and balance



Regularly do strength and balance exercises

Don't skip meals. It can cause weakness and dizziness

Speak to your doctor before starting an exercise program



## Wearing safe and comfortable clothes to prevent falls

Choosing the right clothing can help lower your risk of falls.

Here are some helpful tips:



Wear clothes that do not drag on the ground



Avoid wearing socks without shoes



Avoid wearing baggy clothes

Wear your glasses and hearing aid



Wear non-skid shoes, even around when in your home



Avoid wearing slippers, flip-flops and high heels

## Staying safe and preventing falls while outdoors

Going outside is good for your health and a great way to stay active.  
Here's what you can do to stay safe outdoors:

Be mindful of risks in your outdoor space like plants, raised surfaces or broken walkways



Schedule time outside early while it is light



Use bright outdoor lighting to see where you are walking

Use paths that are cleared regularly



## What do I do if I fall?

Despite our best efforts to prevent them, falls can still happen.

If you fall and you are not injured:

1. Turn onto your side, bend the leg on top and lift yourself onto your elbows or hands
2. Crawl on your hands and knees towards a sturdy piece of furniture or structure
3. Place both hands on the piece of furniture or structure
4. Place your stronger leg in front, hold on to the furniture or structure, and stand up
5. Carefully turn around and sit down
6. Call your doctor or care provider

If you fall and feel dizzy or like you might be injured:

1. Do not try to get up
2. Do not drive yourself to the hospital
3. If you have an emergency call device or telephone close by, use it to get help
4. If you don't, call out for help if you think you can be heard, or slide/crawl to a telephone or place where you can be heard
5. Make noise with a cane or any object to attract attention
6. Find the most comfortable position and wait for help
7. Use anything near you for comfort and warmth




## Appendix C – Falls teach-back presentation and PODS



**Falls PODS**  
Patient Oriented Discharge Summary

Building blocks to creating High Performing Teams - Nursing team dynamics, communication, culture, collaboration

Create Health. Build Community.



### The Challenge

**Evidence shows that patients often:**

- Do not remember
- Do not understand
- Misinterpret information given to them by health professionals

Institute of Medicine 2004





# Falls PODS



<p><b>I can keep healthy</b></p> <p>I should see my doctor or nurse practitioner regularly.</p> <p>My doctor or nurse practitioner will be able to:</p> <ul style="list-style-type: none"> <li>• Change my medications if they might increase my risk of falling.</li> <li>• Learn about the details of my falls and suggest ways I can keep myself safe.</li> <li>• Evaluate my muscle strength, balance and walking style.</li> <li>• Check my eyes and vision every year and update my prescription as needed.</li> </ul>	<p style="text-align: center;"><b>My notes</b></p>
<p><b>I can keep active</b></p> <ul style="list-style-type: none"> <li>• I can do strength and balance exercises. I can consider taking a regular class to build strength and balance. Yoga and tai chi are good options.</li> <li>• I will wear non-skid shoes. I will not wear high heels or flip-flops.</li> <li>• I should not walk around the house in socks or slippers.</li> <li>• I will not wear clothes that are very baggy or drag on the ground.</li> <li>• I will use a cane or walker as told by my health care provider.</li> <li>• I will take my time when standing up, sitting down, walking or climbing the stairs.</li> </ul> <p><b>I will keep my home safe</b></p> <ul style="list-style-type: none"> <li>• I will remove any clutter in hallways and on the stairs.</li> <li>• I will use good lighting in all rooms.</li> <li>• I can place items used often in easy-to-reach places.</li> <li>• I can fix uneven floors and not walk on wet floors.</li> <li>• I can add color or contrast paint on the first and last steps of stairways.</li> </ul> <p><b>In the kitchen</b></p> <ul style="list-style-type: none"> <li>• I will clean up any spills right away.</li> <li>• I will use a sturdy step stool that has a grab bar if I need to reach for something above me.</li> <li>• I will keep electrical cables out of the way.</li> <li>• I will not use floor polish or wax that makes floors slippery. I can use a non-skid floor wax.</li> </ul>	



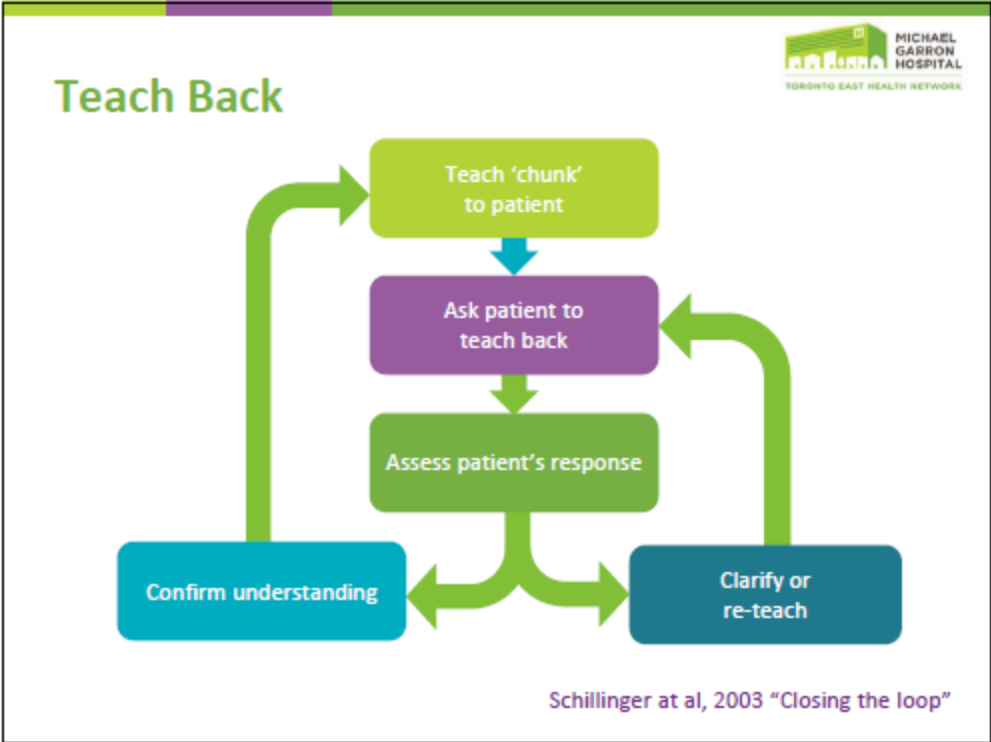
# Falls PODS



<p><b>In the bathroom</b></p> <ul style="list-style-type: none"> <li>• I will keep the floor dry and clean up any water that spills on the floor.</li> <li>• I can remove soap buildup in the tub or shower.</li> <li>• I can install grab bars for your tub, shower, and toilet.</li> <li>• I can use non-skid mats on the floor of the tub or shower.</li> <li>• I can secure bath mats with double-sided, non-slip rug tape.</li> <li>• If I need to sit down while I'm in the shower, I can use a plastic, non-slip stool with a hand-held shower nozzle.</li> </ul> <p><b>In the bedroom</b></p> <ul style="list-style-type: none"> <li>• I will make sure that a bedside light is easy to reach.</li> <li>• I will not use oversized bedding that drapes onto the floor.</li> <li>• I can use a firm chair that has side arms to use for getting dressed.</li> </ul> <p><b>On the stairs</b></p> <ul style="list-style-type: none"> <li>• I will not leave any items on the stairs.</li> <li>• I will make sure stairways have good lighting.</li> <li>• I should have handrails on both sides of the stairs. I should fix handrails that are broken or loose.</li> <li>• I should install non-slip stair treads on all stairs in your home.</li> <li>• I should remove any rugs at the top or bottom of stairways, or secure the rugs with carpet tape to prevent them from moving.</li> <li>• I should check that any carpeting is firmly attached to the stairs and fix any carpet that is loose or worn.</li> <li>• I will try to limit the trips I take up and down stairs.</li> </ul> <p><b>Outside</b></p> <ul style="list-style-type: none"> <li>• I can use bright outdoor lighting.</li> <li>• I should regularly repair the edges of walkways and driveways and fix any cracks.</li> <li>• I should trim any large plants/shrubs on the main path into my home.</li> <li>• I should clear walkways of debris and clutter, including tools and rocks.</li> <li>• I should have leaves, snow, and ice cleared regularly.</li> <li>• I can use sand or salt on walkways during winter months.</li> <li>• I should clean up any spills right away, including grease or oil spills.</li> <li>• I should check that handrails are securely fastened and in good repair. Both sides of any steps should have handrails.</li> <li>• I should install guardrails along the edges of any raised decks or porches.</li> </ul>	
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## Elements of Effective Teach Back

1. Create a patient-friendly environment
2. Use a caring tone of voice
3. Focus on the main points
4. Use plain language
5. Use reader-friendly print materials to support learning
6. Check for understanding using open ended questions

Agency for Healthcare Research and Quality: (2011): Health Literacy Universal Precautions Toolkit




## Appendix D – Hospital PODs for Discharge


### \_\_\_\_\_’s Care Guide for preventing a fall at home

I came to hospital on \_\_\_\_\_ and left on \_\_\_\_\_

The most common cause of falls is slipping or stumbling and most falls will happen at home. Because I have fallen before I am more likely to fall again. Falling can cause me serious injury such as a broken bone or head injury.



- My medications may have been changed. This is because some medications can make me tired, dizzy or affect my thinking, such as sedatives, antihistamines and some types of antidepressants.
- I was told why I need to take my medications.
- I was told about the side effects of my medications
- I should check with my doctor or pharmacist when taking any over-the-counter medications.



- I was given a list of my appointments.
- Someone reviewed my list with me.
- I was told about the automated phone call



If I fall, I will try to stay as calm as possible and take several deep breaths and assess to see if I am injured. I will stay on the floor for a few moments to get over the shock of falling.

**I'm not injured and I can get up**

- I will turn onto my side, bend the leg that is on top and lift myself onto my elbows or hands.
- I will crawl on my hands and knees toward a chair or other sturdy piece of furniture then kneel while placing both hands on the stairs or furniture.
- I will place my stronger leg in front, holding on to the furniture for support.
- I will stand up and, carefully, turn and sit down.
- I should call my doctor or nurse practitioner

**I think I may be injured or I'm feeling dizzy.**

I will not try to get up. I will try to get help and do the following:

- If I have an emergency call device or telephone close by I will use to get help
- If not, I will call out for help if I think I can be heard or I will try to slide or crawl towards a telephone or a place where I can be heard.
- I can make noise with a cane or any object close to me to attract attention.
- I will find the most comfortable position to wait for help
- I will use anything that is close by to help me be comfortable and stay warm.

**I should not drive myself to the hospital.**



I can keep healthy	My notes
<p>I should see my doctor or nurse practitioner regularly.</p> <p>My doctor or nurse practitioner will be able to:</p> <ul style="list-style-type: none"> <li>• Change my medications if they might increase my risk of falling.</li> <li>• Learn about the details of my falls and suggest ways I can keep myself safe</li> <li>• Evaluate my muscle strength, balance and walking style.</li> <li>• Check my eyes and vision every year and update my prescription as needed.</li> </ul>	
<p><b>I can keep active</b></p> <ul style="list-style-type: none"> <li>• I can do strength and balance exercises. I can consider taking a regular class to build strength and balance. Yoga and tai chi are good options.</li> <li>• I will wear non-skid shoes. I will not wear high heels or flip-flops.</li> <li>• I should not walk around the house in socks or slippers.</li> <li>• I will not wear clothes that are very baggy or drag on the ground.</li> <li>• I will use a cane or walker as told by my health care provider.</li> <li>• I will take my time when standing up, sitting down, walking or climbing the stairs.</li> </ul> <p><b>I will keep my home safe</b></p> <ul style="list-style-type: none"> <li>• I will remove any clutter in hallways and on the stairs.</li> <li>• I will use good lighting in all rooms</li> <li>• I can place items used often in easy-to-reach places.</li> <li>• I can fix uneven floors and not walk on wet floors</li> <li>• I can add color or contrast paint on the first and last steps of stairways.</li> </ul> <p>In the kitchen</p> <ul style="list-style-type: none"> <li>• I will clean up any spills right away.</li> <li>• I will use a sturdy step stool that has a grab bar if I need to reach for something above me.</li> <li>• I will keep electrical cables out of the way.</li> <li>• I will not use floor polish or wax that makes floors slippery. I can use a non-skid floor wax.</li> </ul>	





In the bathroom

- I will keep the floor dry and clean up any water that spills on the floor.
- I can remove soap buildup in the tub or shower
- I can install grab bars for your tub, shower, and toilet.
- I can use non-skid mats on the floor of the tub or shower.
- I can secure bath mats with double-sided, non-slip rug tape.
- If I need to sit down while I'm in the shower, I can use a plastic, non-slip stool with a hand-held shower nozzle

In the bedroom

- I will make sure that a bedside light is easy to reach.
- I will not use oversized bedding that drapes onto the floor.
- I can use a firm chair that has side arms to use for getting dressed.

On the stairs

- I will not leave any items on the stairs.
- I will make sure stairways have good lighting.
- I should have handrails on both sides of the stairs. I should fix handrails that are broken or loose.
- I should install non-slip stair treads on all stairs in your home.
- I should remove any rugs at the top or bottom of stairways, or secure the rugs with carpet tape to prevent them from moving.
- I should check that any carpeting is firmly attached to the stairs and fix any carpet that is loose or worn.
- I will try to limit the trips I take up and down stairs

Outside

- I can use bright outdoor lighting.
- I should regularly repair the edges of walkways and driveways and fix any cracks.
- I should trim any large plants/shrubs on the main path into my home.
- I should clear walkways of debris and clutter, including tools and rocks.
- I should have leaves, snow, and ice cleared regularly.
- I can use sand or salt on walkways during winter months.
- I should clean up any spills right away, including grease or oil spills.
- I should check that handrails are securely fastened and in good repair. Both sides of any steps should have handrails.
- I should install guardrails along the edges of any raised decks or porches.



