

A HOME SHOULD BE A PLACE OF COMFORT, LOVE AND SAFETY



Key tips for caregivers to reduce fall risks when setting up a loved one's space in an assisted living, independent living, memory care or a community home.

CREATING A SAFE SPACE TO CALL HOME

Bedroom & Living Room

- Clear pathways and maintain at least **36 inches** of space
- Chairs and sofas against wall
- Bed height so feet are flat on floor
- Nightstands at arm's reach
- Avoid low, soft seated surfaces
- Ensure support is at bedside



Lighting

- Avoid overloading extension cords
- Limit dim lighting
- Keep a lamp within reach of the bed
- Use night lights from bed to bathroom pathway
- Motion-activated lights in bathroom and hallway



Bathroom

- Grab bars in the shower
- Handle support at toilet for safe sit to stand
- Seated area in shower: shower chair or tub transfer bench
- Avoid throw rugs and loose mats



Shoe Wear / Communication

- Wear non-slip shoes or grip socks
- Closed heel shoes with firm sole
- Emergency communication devices within reach



Safe Mobility Corner

- Wait 5 -10 seconds after standing before walking
- Push up from seated surface to stand
- Turn fully before sitting down
- Keep walker in front before standing

QUALITY OF LIFE STARTS WITH HEALTH AND SAFETY

