

## LIGHTING

Test the lighting in the home by ensuring you can see a clear path across each room, even at night. If necessary, brighten things up:

- ✓ Replace burnt-out light bulbs.
- ✓ Install new light fixtures.
- ✓ Install motion-activated lighting inside and outside the home.

## FALL HAZARDS

Remove common fall hazards within your home:

- ✓ Remove all throw rugs - they increase the risk of slipping or tripping.
- ✓ Ensure all extension cords are secured and out of the way.
- ✓ Clear out clutter and re-arrange or donate unnecessary furniture to create a more open environment.
- ✓ Be mindful of small pets and their toys that could pose a tripping hazard.
- ✓ Wear secure, non-slip footwear (even inside the home).
- ✓ Consider an automatic fall-detection system or emergency button for extra peace of mind.

## BEDROOM & LIVING ROOM

Ensure the bedroom and living room provide a comfortable and relaxing atmosphere:

- ✓ Replace an old, sagging mattress with a firmer one for extra support and ease of getting in and out of bed.
- ✓ Consider installing a grab bar next to the bed for assistance getting up.
- ✓ Install night lights or motion-activated lights between the bed and bathroom for nighttime visits.
- ✓ Replace a sagging couch or chair with a firmer couch or lift-chair for easier sit-to-stand transitions.

## KITCHEN & BATHROOM

The kitchen and bathroom are two of the most commonly-used areas of the home. They also carry additional risks when water is present. Prevent slips or spills:

- ✓ Avoid storing items on hard-to-reach shelves. Place all commonly-used items at a comfortable height and get rid of any unused items.
- ✓ Replace standard twist-turn faucet handles with single-lever handles.
- ✓ Add non-slip mats to prevent slippery water spots.
- ✓ Consider installing grab bars for added stability.