



Yes **No**

Do you exercise regularly?

Regular exercise builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

Yes **No**

Do you take your time getting up to answer the phone or doorbell?

Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Yes **No**

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other piles of stuff.

Yes **No**

In winter, are sidewalks, outdoor steps, and walkways clear of ice and snow?

Keep the walkways clear. If needed, ask for help with snow and ice removal.

Yes **No**

Have you had your eyes checked?

See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes **No**

Do you have nightlights along the path between your bedroom and the bathroom?

Use nightlights to light the path between your bedroom and the bathroom.

Yes **No**

Do you turn on the lights before you use the stairs?

Stairways should be well lit from both the top and the bottom. Turn on the lights before using the stairs.

Yes **No**

Does every room have a light switch that can be reached from the doorway?

Make sure you can reach light switches from the doorway. Ask for help installing new light switches.

Yes **No**

Are there non-slip mats in and outside bathtubs and showers?

Use non-slip bath mats in the bathtub and on shower floors.

Yes **No**

Do you have grab bars in tubs, showers, and near all toilets?

Grab bars should be installed in all bathrooms. Never use a towel rack or shower rod for support.

Yes **No**

Do you wipe up spilled liquids right away?

Wipe up spilled liquids immediately. Even a few drops of liquid or grease can be a slipping hazard.

Yes **No**

Do your throw rugs have rubber, non-skid backing?

Use only throw rugs that have rubber, non-skid backing. Smooth out all wrinkles and folds in carpeting.

Yes **No**

Is your carpeting in good condition?

Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

Yes **No**

Are there sturdy, easy-to-grip handrails on both sides of the stairs?

Have easy-to-grip handrails installed along the full length of both sides of the stairs



Yes **No**

Do you wear sturdy, well-fitting, low-heeled shoes with non-slip soles?

Wear sturdy, well-fitting, low-heeled shoes with non-slip soles, which are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Yes **No**

Do you have a list of your current medication?

Keep a list of your current medications, including over-the-counter ones, in a visible location like your refrigerator. Give your family member or caregiver a copy.

Yes **No** **N/A**

Have you contacted your doctor or pharmacist if your medication affects your balance and coordination?

Have your doctor or pharmacist review all your medications, including over-the-counter drugs. Some medications can affect your balance and coordination.

Notes
