

## Home safety assessment

### Fall prevention tips & solutions

Not only can falls cause injuries and immobility, the fear of falling can also interfere with your independence. Because half of all falls happen at home, taking steps to make your home safer can go a long way in reducing falls.

#### In the bathroom

- There are many aids that can prevent falls when getting in and out of the bathtub/shower or getting on and off the toilet
- Did you know you can sit down in the shower and stand up in the tub without a remodel
- There are a variety of styles of grab bars that can help you stay balanced when getting in and out of the tub

#### In the bedroom

- Assist bars can help prevent falls in the night and offer support when getting out of bed in the morning
- Commodes can be placed next to the bed to eliminate trips to the bathroom
- Keep a lamp, telephone, and flashlight near your bed
- Use a bed that is easy to get in and out of
- Arrange your closet so things are easy to reach
- Install a nightlight along the route between your bedroom and the bathroom

#### In the kitchen

- Keep the most frequently used items at waist level
- If you must use a stool to reach high, use one with a bar to hold onto
- Never use a chair as a stool or use a stool with wheels

#### Throughout the house

- Keep clutter off the floor and remove throw rugs
- Make sure there is adequate lighting throughout the home
- Be attentive to slippery surfaces
- Wear shoes with rubber soles and heels to help increase balance and stability
- Use canes or walkers to help maintain balance
- Make sure mobility aids are fit to your height and weight
- Utilize home safety and adaptive equipment
- Keep all assistive devices in good repair
- Use a reacher or grabber for hard to reach items
- Keep frequently used items within easy reach
- Don't overload yourself when carrying items
- Have a phone within reach at all times
- Consider a medical alert system in case of an unexpected fall or emergency
- Complete a home safety assessment

	Do you have trouble?	Solutions to consider...	
BATHROOM	<input type="checkbox"/> Using the bathtub or shower?	<ul style="list-style-type: none"> <li>• Grab bars and tub bars</li> <li>• Dual grip bars</li> <li>• Bath lift</li> <li>• Walk-in tub or barrier free shower</li> </ul>	<ul style="list-style-type: none"> <li>• Swivel bath seat</li> <li>• Transfer benches</li> <li>• Hand-held shower</li> <li>• Extra-long, non-slip bathtub mats</li> </ul>
	<input type="checkbox"/> Navigating your bathroom?	<ul style="list-style-type: none"> <li>• Grab bars</li> </ul>	<ul style="list-style-type: none"> <li>• Non-slip flooring</li> </ul>
	<input type="checkbox"/> Standing at the sink?	<ul style="list-style-type: none"> <li>• Hemi or side walkers</li> <li>• Accessible sink</li> </ul>	<ul style="list-style-type: none"> <li>• Shower bench</li> <li>• Quad cane</li> </ul>
	<input type="checkbox"/> Getting on and off the toilet?	<ul style="list-style-type: none"> <li>• Raised toilet seats</li> <li>• Stand bars</li> <li>• Hand grips</li> </ul>	<ul style="list-style-type: none"> <li>• Non-slip flooring</li> <li>• Safety frames</li> </ul>
	<input type="checkbox"/> Reaching, using, or replacing toilet tissue?	<ul style="list-style-type: none"> <li>• Toilet hygiene aids</li> <li>• Inspection mirrors</li> <li>• Rolling or pivoting toilet paper holders</li> </ul>	<ul style="list-style-type: none"> <li>• Bidets</li> <li>• Reachers and grabbers</li> <li>• Toilet paper holder with grab bars</li> </ul>
	<input type="checkbox"/> With grooming?	<ul style="list-style-type: none"> <li>• Hand-free hair dryers</li> <li>• Reachers</li> </ul>	<ul style="list-style-type: none"> <li>• Adaptive toothbrush, razor, and hairbrush</li> </ul>
BEDROOM	<input type="checkbox"/> Getting in and out of bed?	<ul style="list-style-type: none"> <li>• Hand grips</li> <li>• Grab and trapeze bars</li> <li>• Canes and walkers</li> <li>• Adjustable bed</li> <li>• Bed rails</li> <li>• Remote lighting</li> </ul>	<ul style="list-style-type: none"> <li>• Furniture extenders</li> <li>• Portable seat lift</li> <li>• Patient lift</li> <li>• Portable commodes</li> <li>• Permanent ceiling lift</li> <li>• Tilt-top over-bed tables</li> </ul>
	<input type="checkbox"/> Reaching items in your closet or on shelves?	<ul style="list-style-type: none"> <li>• Reachers</li> <li>• Foot stool with handrail</li> </ul>	<ul style="list-style-type: none"> <li>• Bariatric footstools</li> <li>• Hand grips</li> </ul>
	<input type="checkbox"/> With pain caused by poor sleep positions?	<ul style="list-style-type: none"> <li>• Adjustable beds</li> <li>• Support pillows</li> </ul>	<ul style="list-style-type: none"> <li>• Hospital bed</li> <li>• Bed wedge</li> </ul>
	<input type="checkbox"/> With general safety concerns?	<ul style="list-style-type: none"> <li>• Nightlights</li> </ul>	<ul style="list-style-type: none"> <li>• Accessible furniture</li> </ul>
	<input type="checkbox"/> With a temporary or long-term need for a portable commode?	<ul style="list-style-type: none"> <li>• Multiple use commodes</li> <li>• Portable commode</li> </ul>	<ul style="list-style-type: none"> <li>• Three- or four-in-one commodes</li> </ul>
	<input type="checkbox"/> With dressing yourself?	<ul style="list-style-type: none"> <li>• Dressing sticks</li> <li>• Long-handled shoe horns</li> </ul>	<ul style="list-style-type: none"> <li>• Reacher extension kits</li> <li>• Stretchable shoe laces</li> </ul>

Do you have trouble?		Solutions to consider...	
KITCHEN	<input type="checkbox"/> Standing at the sink?	<ul style="list-style-type: none"> <li>• Quad canes</li> </ul>	<ul style="list-style-type: none"> <li>• Hemi or side walkers</li> </ul>
	<input type="checkbox"/> Moving around in your kitchen?	<ul style="list-style-type: none"> <li>• Accessory tray or baskets</li> <li>• Wheelchair modifications</li> </ul>	<ul style="list-style-type: none"> <li>• Accessible cabinets, appliances, and counter space</li> </ul>
	<input type="checkbox"/> Opening drawers or cabinets?	<ul style="list-style-type: none"> <li>• D-shaped handles</li> </ul>	
	<input type="checkbox"/> Reaching objects in cabinets or on shelves?	<ul style="list-style-type: none"> <li>• Footstool with handles</li> <li>• Bariatric footstool</li> <li>• Reachers and grabbers</li> </ul>	<ul style="list-style-type: none"> <li>• Extenders</li> <li>• Pull-down cabinets</li> </ul>
THROUGHOUT THE HOUSE	<input type="checkbox"/> Getting around your home?	<ul style="list-style-type: none"> <li>• Canes</li> <li>• Hemi or side walkers</li> </ul>	<ul style="list-style-type: none"> <li>• Rollators</li> </ul>
	<input type="checkbox"/> With balance, strength, or coordination issues?	<ul style="list-style-type: none"> <li>• Handrails</li> <li>• Hand grips</li> <li>• Automatic door opener</li> <li>• Rocker light switches</li> </ul>	<ul style="list-style-type: none"> <li>• Key turners</li> <li>• Non-slip floors</li> <li>• Grab bars</li> </ul>
	<input type="checkbox"/> Climbing stairs?	<ul style="list-style-type: none"> <li>• Stair lifts</li> <li>• Quad canes</li> </ul>	<ul style="list-style-type: none"> <li>• Home modifications</li> <li>• Inclined platform lift</li> </ul>
	<input type="checkbox"/> Navigating hallways?	<ul style="list-style-type: none"> <li>• Widening hallways</li> <li>• Adequate lighting</li> </ul>	<ul style="list-style-type: none"> <li>• Canes, walkers, or rollators</li> </ul>
	<input type="checkbox"/> Negotiating doorways and thresholds?	<ul style="list-style-type: none"> <li>• Threshold ramps</li> <li>• Automatic door opener</li> </ul>	<ul style="list-style-type: none"> <li>• Canes, walkers, or rollators</li> </ul>
	<input type="checkbox"/> Turning door knobs?	<ul style="list-style-type: none"> <li>• Lever handles</li> </ul>	<ul style="list-style-type: none"> <li>• Door knob adapters</li> </ul>
	<input type="checkbox"/> With seeing well in the home?	<ul style="list-style-type: none"> <li>• Ensure adequate lighting throughout</li> <li>• Add lighting under kitchen cabinets</li> </ul>	<ul style="list-style-type: none"> <li>• Install light switches to top and bottom of stairs</li> </ul>
	<input type="checkbox"/> Negotiating the exits of your home such as into the garage, out the front door, or sliding glass doors?	<ul style="list-style-type: none"> <li>• Hand grips, handrails, and grab bars</li> <li>• Portable, permanent, and threshold ramps</li> </ul>	<ul style="list-style-type: none"> <li>• Canes, hemi or side walkers</li> <li>• Half-step</li> </ul>
	<input type="checkbox"/> Getting up and down from furniture?	<ul style="list-style-type: none"> <li>• Lift chairs and seat lifts</li> <li>• Canes</li> </ul>	<ul style="list-style-type: none"> <li>• Furniture risers</li> <li>• Hemi or side walkers</li> </ul>
<input type="checkbox"/> Other needs?	<ul style="list-style-type: none"> <li>• Reachers and grabbers</li> <li>• Remote lighting</li> <li>• Lift chair accessories</li> </ul>	<ul style="list-style-type: none"> <li>• Swivel seats</li> <li>• Book holders</li> </ul>	

Do you have trouble?		Solutions to consider...	
<b>OUTSIDE THE HOME</b>	<input type="checkbox"/> Going shopping?	<ul style="list-style-type: none"> <li>• Wheelchair</li> <li>• Scooters</li> </ul>	<ul style="list-style-type: none"> <li>• Transport chairs</li> <li>• Canes, walkers, or rollators</li> </ul>
	<input type="checkbox"/> Getting in and out of the car?	<ul style="list-style-type: none"> <li>• Retractable canes</li> <li>• Swivel seats</li> </ul>	<ul style="list-style-type: none"> <li>• Folding walkers and hemi walkers</li> </ul>
	<input type="checkbox"/> Using public transportation or navigating airports?	<ul style="list-style-type: none"> <li>• Retractable canes</li> <li>• Folding walkers</li> </ul>	<ul style="list-style-type: none"> <li>• Foldable transport chairs or compact scooters</li> </ul>
	<input type="checkbox"/> With an injury keeping you housebound?	<ul style="list-style-type: none"> <li>• Transport chairs</li> <li>• Wheelchairs</li> <li>• Knee scooters</li> </ul>	<ul style="list-style-type: none"> <li>• Crutches</li> <li>• Canes</li> <li>• Braces</li> </ul>
<b>NOTES</b>			

### How can SSM Health at Home help?

Visit one of our conveniently located medical equipment stores to find home safety products, adaptive equipment, and mobility aids to help you maintain your independence and stay safe and falls free at home. Knowledgeable customer service representatives are available to assist you with product selection and billing questions.

Not all products/services are available at all locations. Please contact us for more information.

**Baraboo**  
1111 Eighth Street  
800-924-2273

**Fond du Lac**  
307 Camelot Drive  
800-732-1313

**Janesville**  
3700 East Racine Street  
800-924-2273

**Madison**  
4639 Hammersley Road  
800-924-2273

**Reedsburg**  
164 Second Street  
800-924-2273

SSM Health at Home also offers VoiceCare, a medical alert device that provides subscribers a secure connect to help in the event of a fall or other emergency. For more information on VoiceCare, please call 855-332-6882 or visit [ssmhealth.com/VoiceCare](http://ssmhealth.com/VoiceCare).