



Your Complete Senior Fall Prevention Checklist: Empowering NW Calgary Seniors and Caregivers

[Creating a home where seniors are safe from falls](#) starts with knowledge, planning, and easy-to-use tools.

This practical guide, created specifically for NW Calgary families, walks you through proven steps to make every room safer, support loved ones, and access the right help so you can focus on connection, not worry.

Why Fall Prevention Matters for NW Calgary Seniors

Falls are the leading cause of injury-related hospitalizations for Alberta seniors. But with small changes and expert local support from [Always Best Care of Calgary NW](#), most falls can be prevented, giving families peace of mind, a safer home, and greater independence.



Room-by-Room Fall Prevention Checklist

Area	Key Fall Prevention Action
Entrances & Hallways	Keep walkways clear and well-lit
Living Areas	Clear pathways and secure cords
Kitchen	Store essentials within easy reach
Bathroom	Add grab bars and non-slip mats
Bedroom	Use nightlights and keep floors clear
Stairs	Install handrails and use good lighting
Wellness & Preparedness	Check vision/hearing, stay active, list meds

Entrances & Hallways

- Remove shoes/clutter from walkways.
- Secure loose mats; add non-slip strips to steps.
- Brighten pathways with automatic or night lighting.

Living Areas

- Arrange furniture for wide, clear walkways.
- Keep cords and wires tucked away.
- Place the remote/phone within easy reach; no climbing or stretching is required.

Kitchen

- Keep most-used items on lower shelves.
- Clean up spills right away.
- Sturdy step stool only (never a chair!).

Bathroom

- Install grab bars at the toilet/shower.
- Add non-slip mats and consider a shower chair.
- Store toiletries at easy-to-reach heights.

Bedroom

- Use a nightlight between the bed and bathroom.
- Ensure the bed is an easy height to get in/out of.
- Keep clutter off the floor.

Stairs

- Install secure handrails on both sides.
- Bright lighting on every step.
- Use colored tape or contrasting strips on stair edges.

Wellness & Preparedness

- Schedule regular vision and hearing checks.
- Review the medication list with the doctor/pharmacist.
- Wear supportive shoes; avoid loose slippers/socks.
- Maintain gentle activity (walks, stretches) for balance.
- Have a complete emergency contact list accessible.



Pro Tips from Calgary NW Care Experts

- Book a [free in-home safety assessment](#) to spot hidden risks.
- Download and print this checklist, put it on the fridge, and share it at family meetings.
- Ask about [companion care services](#) for seniors who live alone.
- Want a full local guide to prevent stair falls and hazards? [See our detailed fall prevention article.](#)

FAQ: Fall Prevention for Calgary Seniors

Q: Are falls really preventable at home?

A: Absolutely! With tools like this checklist and support from the Always Best Care of Calgary NW care team, most at-home falls can be avoided.

Q: Can we get help with home modifications?

A: Yes. In-home safety visits and assessments are free for local families.

Q: What if my parent lives alone?

A: Our companion care keeps seniors social, supervised, and safer.



Take Action Now

A safer, happier home is just steps away.

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 <https://alwaysbestcarecanada.ca/calgarynw/>

 <https://maps.app.goo.gl/qXiuYQLXJqeodA6Z6>