



# Senior Fall Prevention Checklist

[Falls are one of the most common causes of injury among seniors](#), but they're also one of the most preventable. With some simple home adjustments and proactive awareness, seniors can live confidently and securely in the comfort of their homes.

At Always Best Care of Edmonton, we believe every senior deserves safety, independence, and peace of mind. This practical checklist will help families identify risks, make improvements, and foster safer, more comfortable living spaces in homes across Alberta.

## 1. Living Room & Common Areas

### Potential Risks:

- Cluttered walkways or furniture arrangements blocking pathways.
- Loose carpets or throw rugs.
- Poor lighting, especially in the evenings.

### Action Steps:

- Keep floors clean, dry, and clutter-free.
- Tape down or remove any loose rugs and cords.
- Add high-wattage bulbs or LED lighting, especially near stairs and hallways.

- Arrange furniture to create wide, clear walking spaces.
- Keep frequently used items within easy reach to avoid stretching or bending.

**Safety Tip:** Consider adding motion-sensor lights or lamps with easy-to-reach switches for nighttime safety.



## 2. Bathroom Safety

### Potential Risks:

- Slippery tiles or wet surfaces.
- Lack of hand support near the bathtub, shower, or toilet.

### Action Steps:

- Install sturdy grab bars next to the toilet and inside the shower/tub.
- Use non-slip mats inside and outside of the bathtub.
- Keep towels, toiletries, and clothing within accessible reach.
- Consider a shower chair and a handheld showerhead for better balance and comfort.

**Safety Tip:** Avoid shiny floors and opt for textured, matte finishes for added grip.

## 3. Bedroom

### Potential Risks:

- Getting out of bed in the dark.
- Tripping over loose rugs or clutter.

**Action Steps:**

- Place non-slip rugs at the bedside or remove them altogether.
- Keep a nightlight or motion-activated floor light beside the bed.
- Ensure pathways to the bathroom or hallway are clear at all times.
- Keep personal or emergency items close, like phones, glasses, or a flashlight.

**Safety Tip:** Lower the bed height so both feet touch the ground when sitting at the edge, improving balance and reducing the risk of tipping.



## 4. Kitchen

**Potential Risks:**

- Reaching or bending for heavy cookware or supplies.
- Spills or slick floors.

**Action Steps:**

- Store frequently used cookware, dishes, and ingredients between waist and shoulder height.
- Clean up spills immediately.
- Use non-slip mats in front of sinks or stoves.

- Replace step stools with long-handled tools to safely retrieve high items.

**Safety Tip:** Arrange meal prep zones ergonomically, minimizing twists, reaches, and bends.

## 5. Stairs & Hallways

### Potential Risks:

- Steps that are narrow, uneven, or poorly lit.
- No handrails for support.

### Action Steps:

- Install handrails on both sides of staircases and ensure they extend the full length.
- Mark the edges of each step with reflective tape or contrasting colour strips.
- Ensure stairways are well-lit and clutter-free.
- Keep hallways wide, open, and clear from obstacles such as furniture or storage bins.

**Safety Tip:** If mobility is limited, consider a stairlift or assistive device installation evaluation.

## 6. Footwear & Mobility

### Potential Risks:

- Wearing slippers or socks without grip.
- Limited balance or muscle strength.

### Action Steps:

- Choose shoes that fit properly, have non-slip soles, and provide full support.
- Avoid walking in socks on smooth floors.
- Use mobility aids (cane, walker) as needed and ensure they are properly adjusted.
- Engage in regular exercise for balance and strength, such as tai chi or light stretching.

**Safety Tip:** Ask a professional for a home [fall risk](#) assessment to tailor advice to your mobility needs.



## 7. Health & Routine

### Potential Risks:

- Vision changes or dizziness caused by medication.
- Untreated balance, joint, or nerve issues.

### Action Steps:

- Schedule regular eye, ear, and medication reviews.
- Review any new symptoms or side effects with your healthcare provider.
- Stay hydrated and maintain routine physical activity.
- Install emergency response devices, like wearable alert buttons, for added peace of mind.

**Safety Tip:** Keep emergency contact numbers saved in your phone and posted in visible places across the home.



## 8. Outdoor Areas

### Potential Risks:

- Uneven sidewalks, wet leaves, and snow buildup.
- Poor lighting around steps and entrances.

### Action Steps:

- Clear pathways of ice, snow, leaves, and debris.
- Add anti-slip mats or textured tiles near doorsteps.
- Install motion-sensor lights around entrances for visibility at night.
- Keep handrails stable and at a comfortable height for support.

**Safety Tip:** Schedule regular maintenance before Alberta's winter months to prevent outdoor slips.

## Need Help?

Every senior's home is unique, and so are their care needs. Always Best Care of Edmonton offers personalized fall risk assessments, home safety consultations, and trusted in-home caregivers to ensure every senior can thrive safely.

**Contact us at:**

 [587-741-8357](tel:587-741-8357)

 [infoedmonton@abc-seniors.com](mailto:infoedmonton@abc-seniors.com)



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



<https://maps.app.goo.gl/UwJpeEdXR9DTK4Hb7>