



Stay Steady, Stay Safe: Your Senior Fall Prevention Checklist

[Every year, thousands of seniors experience falls](#), most of which are preventable. This guide walks you through simple, effective ways to prevent falls, protect independence, and create peace of mind for seniors and their families.

Room-by-Room Fall Prevention Checklist

Entryways & Front Steps

- First impressions matter, and so does safety right at the door.
- Install sturdy railings on both sides of any steps.
- Ensure outdoor lighting is bright and automatic (consider motion sensors).
- Place a slip-resistant mat inside and outside the door.
- Keep entryways free from shoes, umbrellas, and clutter.
- Make sure door thresholds are level or marked clearly with contrasting colour tape.



Living Room & Common Areas

- Comfort should never come at the cost of safety.
- Clear walking paths at least 3 feet wide.
- Remove loose carpets or secure them with anti-slip backing.
- Use furniture with rounded edges and strong support arms.
- Keep cords, cables, and small décor items off the floor.
- Place remote controls, books, and personal items within easy reach.
- Improve lighting by using higher-wattage bulbs and ensuring switches are easily accessible.

Kitchen

- Everyday tasks can be easier and safer.
- Store dishes, cookware, and staples on lower shelves.
- Wipe up spills immediately to prevent slick floors.
- Use nonslip mats in front of the sink and stove.
- Keep a sturdy step stool with a handle for reaching higher zones; never climb on chairs.
- Ensure the kitchen floor is dry, clean, and clutter-free.

Bathroom

- Bathrooms are among the most common fall areas, but the easiest to improve.
- Install grab bars next to the toilet, tub, and shower.
- Use non-slip mats inside and outside the bathtub or shower.
- Add a handheld showerhead for easier bathing.
- Elevate toilet seats to reduce bending strain.

- Ensure bright, shadow-free lighting.
- Avoid bath oils or soaps that make surfaces slippery.



Bedroom

- A restful space should be both cozy and fall-proof.
- Keep a phone or an emergency alert button near your bed.
- Use a nightlight or motion-activated light near the bed and bathroom.
- Avoid clutter near walking paths, especially near cords or rugs.
- Ensure beds are at a safe height to get in and out comfortably.
- Keep slippers or supportive shoes nearby avoid walking in socks on smooth floors.

Stairways & Hallways

- Smooth navigation makes all the difference.
- [Install railings on both sides of the stairs](#) and ensure they extend beyond the first and last step.
- Check that carpeting or stair treads are secure and intact.
- Use bright overhead lights and add adhesive glow strips to step edges.
- Avoid carrying large items that block your view while walking.
- Keep stairs clear of baskets or storage items.

Lifestyle & Health Reminders

- Daily habits matter just as much as home design.
- Schedule regular eye and hearing exams; clearer senses reduce fall risks.
- Stay active through light strength and balance exercises, like walking or tai chi.

- Review medications with your doctor to watch for dizziness or side effects.
- Keep hydrated and eat regularly to prevent weakness or faintness.
- Wear comfortable, supportive shoes indoors avoid slippers without backs.

For Caregivers: Supporting Safety Every Step of the Way

Caregivers and family members play an essential role in fall prevention. Here's how you can help:

- Conduct monthly home walk-throughs to check lighting, clutter, and flooring.
- Encourage seniors to use assistive devices (like walkers or canes) confidently.
- Offer support during daily routines like bathing, walking, and dressing.
- Create a regular exercise and mobility schedule.
- Engage seniors socially to increase confidence and well-being and reduce the risk of hesitancy and imbalance.



When to Seek Professional Help

Even the most careful families can benefit from expert support. If a loved one has:

- Experienced one or more falls recently
- Difficulty with balance or mobility
- Concerns about memory or judgment when walking
- Anxiety about walking alone around the home

... it's time to bring in professional help.

Always Best Care of Oakville offers [personalized in-home care](#) and [free safety assessments](#). Our caregivers are trained to identify hazards, support daily routines, and give both seniors and families peace of mind.

Contact Information

Learn how to create a safer home today. **Contact us at:**

 [289-814-3783](tel:289-814-3783)

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

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