

FALL PREVENTION AWAY FROM HOME

In a motel or another person's home:

- Take an automatic night light with you and use it.
- Identify any potential hazards and remove them.
- Before going to sleep, remind yourself of where you are and the route to the bathroom.
- Any time, anywhere: be conscious of your surroundings and evaluate potential risks.

Some Missoula Resources

Hardware stores carry products that can be applied to floors to reduce their slippery-ness, non-slip strips for stair steps, and moss remover for outdoor steps, decks and walks.

Assistance in downsizing, organizing or re-locating: **Smooth Transitions**—Marilyn Allen 822-2004

Home access evaluation and construction: **RAMP**—549-8067

Home repair, remodeling or new construction with designs to accommodate any limitations: **Earl's Construction**—Mark Earl 721-4035

Home repair or remodeling: **Ehli Construction**—Joe Ehli 239-1801



For more information: 258-4775



HOME SAFETY CHECKLIST

For Older Missoula County Residents

REDUCE THE CHANCE OF FALLING IN YOUR HOME

- ❖ In the US, more than 1/3 of adults age 65 or older fall each year.
- ❖ Of those falls, 1/3 involve hazards in the home.



Use this checklist to identify hazards in your home that could lead to a fall.

MISSOULA FALL PREVENTION PROJECT

Goal—to increase the number of independent, active older residents who can age well in place.

Partners include Community Medical Center, St. Patrick Hospital, Missoula Aging Services, Missoula City-County Health Dept., several departments at the University of Montana, and other agencies and organizations working with older residents.

CHECK OFF IMPROVEMENTS MADE

OUTDOORS

- Sidewalk & driveway are clear of cracks and unevenness.
- Shrubbery is cleared and trimmed around walkways.
- Clutter, rocks, tool storage are removed from walk-ways.
- Pathway and doors have adequate lighting.
- Access to garage or carport is uncluttered.
- Access to garbage can is easy.
- Shoes have add-ons for walking in icy conditions.

ALL STAIRS OR STEPS-indoors or out

- All stairs have securely attached railing at the proper diameter and height.
- Stair treads are the proper width and height and are securely attached.
- Light switches are at both ends of stairs.
- Stairs are free of obstacles and clutter.

KITCHEN

- A sturdy step stool is easy to access and is used.
- Appliance cords are away from stove, floor, and untangled.
- Floors are clean and not slippery.
- Cupboards are arranged with commonly used items within easy reach, least used items in the back, and seldom used items gone!



BATHROOM

- Toilet, tub and shower have grab bars.
- Floor is non-slippery.
- Tub and shower floors are non-slippery.
- Soap is easily accessible.
- Shower has hand-held shower head .

BEDROOM

- Lamp switch is easy to reach
- Bed is easy to get in and out of.
- Phone is easy to reach
- Chair is available for getting dressed.



ALL AREAS

- Lighting is adequate – no dark corners, hallways or deep shadow areas; light switches at both ends of hallways..
- Cords are not run across floors.
- Carpeting is free of curled or frayed edges; no throw rugs.
- No clutter is on the floor.
- Bathroom and bedroom have automatic night lights.
- Pet beds are out of the way.
- Walking aid is easy to access, but not easy to trip over.
- Furniture is arranged for easy movement around the room, access to light switches, etc.
- No furniture is too big, too hard to get out of, crowds the room, etc.
- Hard-to-reach light bulbs are long-lasting fluorescent bulbs.
- Cupboard doors and drawers are kept closed.



MISCELLANEOUS

- Phone extensions by bed and in main living area are accessible from the floor.
- The dog is well-mannered and easy to control.
- Shoes fit properly and have a non-slippery tread.
- Eye glasses are easy to reach from bed.
- Everything has a place, and is kept there.

CLOTHING, especially robes

- Ties and belts are securely fastened or removed.
- Sleeves have cuffs that fit snugly.
- Hems are no longer than the ankle.
- Pockets are not baggy enough to catch on a door knob.

If you walk through a room at night, turn on the light! Don't rely upon memory to avoid the pet bed, a chair leg, or the couch.

MAKE YOUR HOME A SAFER PLACE FOR YOU!