



Small changes today.
Safer tomorrows. ❤️

CARE FOR THEM. PROTECT THEIR INDEPENDENCE.

Fall Prevention

What You Can Do at Home ❤️

PRACTICAL STEPS TO HELP
KEEP YOUR LOVED ONE SAFE,
CONFIDENT & INDEPENDENT

You can't be
there every day,
but you can
create a safer
home.



❤️
Peace of *mind*
for them.
Less *worry*
for you.
❤️



CREATED BY AN
OCCUPATIONAL THERAPIST & CAREGIVER

*Practical tools that reduce stress,
support safety, and promote independence.*



WHAT YOU CAN DO TO HELP PREVENT FALLS



IMPROVE LIGHTING

Use bright, even lighting.
Add night lights in bedrooms,
hallways & bathrooms.



WEAR SUPPORTIVE SHOES

Choose non-slip,
well-fitting shoes.
Avoid slippers that slide.



REMOVE TRIPPING HAZARDS

Clear clutter, secure rugs,
and keep walkways
open and easy.



ADD SAFETY SUPPORTS

Install grab bars in the
bathroom and railings on
stairs if needed.



MAKE BEDS & CHAIRS EASIER TO USE

The right height helps them
sit, stand, and move
more safely.



KEEP ESSENTIALS CLOSE

Keep frequently used items
within easy reach to avoid
unnecessary reaching
or bending.



ENCOURAGE MOVEMENT

Gentle exercise, stretching
& balance activities help
build strength and stability.

