

Leeside Manor's
FALL PREVENTION CHECKLIST

1 in 4 seniors fall each year, but most of these accidents are preventable with simple environmental changes.

1. The Entryway & Exterior

- Lighting:** Are all entrances well-lit with motion-sensor or dusk-to-dawn lights?
- Walkways:** Are paths clear of debris, overgrown plants, or uneven bricks?
- Thresholds:** Are door thresholds low-profile or beveled to prevent tripping?
- Stairs:** Are there sturdy handrails on both sides of any outdoor steps?

2. Living Areas & Hallways

- Floor Clear-Out:** Are all throw rugs removed or secured with non-slip backing?
- Pathways:** Is there a clear, wide path (at least 32 inches) for walkers or wheelchairs?
- Cords:** Are all electrical and phone cords tucked away behind furniture?
- Lighting:** Are light switches accessible at both ends of a hallway?

3. The Kitchen

- Reachability:** Are frequently used items (plates, spices, heavy pots) kept at waist level?
- Spills:** Is there a dedicated "spill kit" (paper towels/mop) easily accessible to dry floors immediately?
- Step Stools:** Is there a sturdy, high-quality step stool with a handrail (or better yet, a policy of "no climbing")?

4. The Bathroom (High-Risk Zone)

- Grab Bars:** Are there professional-grade grab bars (not towel racks) near the toilet and in the shower?
- Non-Slip Mats:** Are there rubber mats or non-slip strips inside the tub and on the bathroom floor?
- Seating:** Is there a stable shower chair or bench available?
- Height:** Is the toilet seat at a "comfort height" to make standing easier?

5. The Bedroom

- Nightstands:** Is there a lamp, phone, and glasses within arm's reach of the bed?
- Nightlights:** Are there motion-activated nightlights leading from the bed to the bathroom?
- Bed Height:** Is the bed at a height where the feet touch the floor flat when sitting on the edge?

6. Personal Safety Habits

- Footwear:** Always wear sturdy, rubber-soled shoes indoors (avoid socks or loose slippers).
- Vision:** Keep an updated eye exam on the calendar.
- Medication:** Use a pill organizer to prevent dizziness caused by missed or doubled doses.