

FALL PREVENTION

EVERGREEN'S PREVENTION CHECKLIST TO LOWER YOUR RISK OF FALLING



Reduce your risk of falling, stay independent, healthy and strong by following the steps below.



REVIEW YOUR MEDICATIONS

Review your prescriptions and over the counter medications with your provider or pharmacist to identify medicines that may cause dizziness or drowsiness.



BEGIN AN EXERCISE REGIMEN

Doing strength training, balancing exercises and stretching to improve your flexibility will improve your coordination and reduce your risk of falling.



TALK TO YOUR DOCTOR

Ask your healthcare provider for an assessment of your risk of falling and share any previous falls you have experienced.



KEEP YOUR HOME SAFE

Make your home safer by reducing clutter, improve lighting in rooms, hallways and stairwells, and install handrails and grab bars.



GET YOUR VISION CHECKED

Have your eyes checked by a doctor at least once a year to maximize your vision and ensure your prescription is always up-to-date.



LIMIT USE OF ALCOHOL

Limit alcohol and recreational drug use, which can impair your judgement, increase your risk of falling and serious injury.

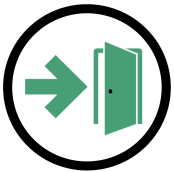


For more information visit our website at WWW.EVERGREENPO.COM

FALL PREVENTION CHECKLIST

EVERGREEN'S HOME SAFETY CHECKLIST FOR FALL PREVENTION

Use this checklist as a guide when making decisions about what to improve when it comes to making your home more safe from accidental falls and injuries.



EXTERIOR ENTRANCES & EXITS

- ☐ Are walkway and drive surfaces even?
- ☐ Is there a curb?
- ☐ Are there handrails along the steps?
- ☐ Are the handrails in good condition?
- ☐ Is there light in the driveway, walkway and porch?
- ☐ Do the door and window locks work?



INTERIOR DOORS, STAIRS & HALLS

- ☐ Are the doors wide enough for a walker or wheelchair?
- ☐ Are there railings along the stairway?
- ☐ Are the railings in good condition?
- ☐ Are there steps in the house?
- ☐ Is it easy to see the change in the steps?
- ☐ Is it easy to notice the first and last steps?
- ☐ Is there adequate lighting?
- ☐ Are there light switches at both ends of the stairs and hallways?
- ☐ Is there clutter in the hallways or on the stairs?
- ☐ Is it easy to notice the difference in the floor/carpet surface?
- ☐ Are there rugs on the floor?
- ☐ Are the rugs secured with slip-resistant backing?
- ☐ Do you have to navigate around furniture?
- ☐ Do you have to walk over electrical cords and wires?



LIVING AREAS

- ☐ Does your furniture allow easy transition from sitting to standing?
- ☐ Do you need to walk around furniture to get through the living area?
- ☐ Do you have to walk over electrical cords or wires?
- ☐ Is there adequate lighting throughout the living space?
- ☐ Is it necessary to get up to answer the phone or change the channel?
- ☐ Are the chairs and couches low to the ground?
- ☐ Are there rugs on the floor?
- ☐ Are the rugs secured with slip-resistant backing?
- ☐ Do you have to reach up to pull cords to lights or ceiling fans?
- ☐ Is there clutter (books, magazines, shoes, etc.) on the ground?



KITCHEN

- ☐ Is there adequate lighting throughout the kitchen?
- ☐ Can you comfortably reach the sink and countertops?
- ☐ Are shelves and storage within reach?
- ☐ Are your "most used" items easily accessible?
- ☐ Is there clutter, liquids, food or grease on the floor?
- ☐ Are there rugs on the floor?
- ☐ Are the rugs secured with slip-resistant backing?
- ☐ Do you have to bend over, or use a step stool to reach common items?
- ☐ Can you navigate through the kitchen with a walker or wheelchair?
- ☐ Do you have a fire extinguisher that's easily accessible?
- ☐ Is there a phone in the kitchen or nearby?
- ☐ Do you have your emergency contacts clearly posted somewhere?
- ☐ Are sharp objects, and small appliances stored properly?



BEDROOMS

- ☐ Is the light near your bed easy to reach?
- ☐ Is the path from the bedroom to the bathroom well lit?
- ☐ Is it necessary to get out of bed or reach far for the telephone?
- ☐ Do you have to walk over electrical cords or wires?
- ☐ Is it common to get up during the night to use the restroom?
- ☐ Is it necessary to get up to answer the phone or change the channel?
- ☐ Do you have a list of emergency contacts within reach?
- ☐ Is there clutter (clothes, shoes, bags, etc.) on the ground?



BATHROOMS

- ☐ Is there a clear, lighted path to the bathroom?
- ☐ Is the shower floor/bathtub floor slippery?
- ☐ Is it difficult to get on and off the toilet?
- ☐ Are you able to step in and out of the bath and shower?
- ☐ Is there a bath bench in the tub or shower?
- ☐ Are there grab bars for shower and tub access?
- ☐ Is it difficult to stand while showering?
- ☐ Are there rugs on the floor?
- ☐ Are the rugs secured with slip-resistant backing?
- ☐ Can you easily reach soap, shampoo and towels, etc.?
- ☐ Is there a telephone within reach?

