

COULD A FALL BE WAITING AT HOME?



Every year, millions of older adults fall at home, and many of these accidents could have been prevented with a few easy changes.

This fall risk assessment tool will guide you through the home, spot the danger zones, and outline simple steps to protect seniors.

Entrances & Hallways	Living Room	Bathroom
<ul style="list-style-type: none"> <input type="checkbox"/> Hallways are cluttered with shoes, cords, or furniture. <input type="checkbox"/> Steps or stairs do not have handrails. <input type="checkbox"/> Rugs are loose or unsecured. <input type="checkbox"/> Poor lighting makes it hard to see at night. 	<ul style="list-style-type: none"> <input type="checkbox"/> Furniture is unstable or used to help with balance. <input type="checkbox"/> Walking paths are narrow or blocked. <input type="checkbox"/> Light switches are hard to reach or missing in key areas. <input type="checkbox"/> Essential items require bending or stretching to reach. 	<ul style="list-style-type: none"> <input type="checkbox"/> No grab bars are installed by the toilet or in the shower. <input type="checkbox"/> Floors are slippery or non-slip mats are missing in the tub/shower. <input type="checkbox"/> Toilet is low and difficult to get on/off. <input type="checkbox"/> No nightlight is present for safe nighttime bathroom trips.
Bedroom	Kitchen	Health & Mobility
<ul style="list-style-type: none"> <input type="checkbox"/> Path to the bathroom is dark or obstructed. <input type="checkbox"/> Bed is too high or too low to get in/out easily. <input type="checkbox"/> Clutter is present near the bed or cords are underfoot. <input type="checkbox"/> No easily accessible light or emergency alert system is nearby. 	<ul style="list-style-type: none"> <input type="checkbox"/> Frequently used items are stored out of reach. <input type="checkbox"/> Reaching requires use of an unstable chair or step stool. <input type="checkbox"/> Spills are common or floors are slick. <input type="checkbox"/> Poor hydration or nutrition due to limited mobility or motivation is noticed. 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 or more medications are taken daily. <input type="checkbox"/> Walker or cane is used but still has difficulty or has had a recent fall. <input type="checkbox"/> Vision or hearing is impaired. <input type="checkbox"/> Person lives alone or has minimal daily support. <input type="checkbox"/> Signs of confusion, forgetfulness, or poor judgment are noted.

Home Care Helps Prevent Falls!

If you checked even one box, that senior could be at elevated risk of a fall. Home Care can help!

We offer free in-home safety assessments to reduce fall risks and keep seniors living confidently wherever they call home.

Our Caregivers Provide...

- Hands-on mobility support
- Help with bathing, dressing, & toileting
- Home safety monitoring
- Medication reminders
- Nutrition and hydration assistance
- Daily companionship & fall prevention coaching

**Want help keeping your senior safe?
Call today to schedule an in-home assessment.**



Assisting Hands[®]
Home Care

www.assistinghandsdanapoint.com

Serving South Orange County

949-426-7300

HCO# 304700345