











How To Prevent Falls: A Home Safety Checklist




**Falls can cause serious injury.
Fortunately, most falls can be prevented.
Use this checklist to find and
fix fall hazards in your home.**








			Who Will Fix the Hazard (Such as a Family Member or Neighbor)
If Yes, How To Fix			
Bedroom	No	Yes	
Is it hard to reach a light from your bed?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none">Place a lamp or flashlight close to the bed.	<div></div> <div></div>
Is the path from your bed to the bathroom dark or cluttered?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none">Use a night light or glow-in-the-dark tape to create a well-lit path.Keep the path clear of objects you could trip on.	<div></div>

		Who Will Fix the Hazard (Such as a Family Member or Neighbor)	
Bathroom	If Yes, How To Fix		
No	Yes		
Is the tub or shower slippery?	<input type="checkbox"/> <input type="checkbox"/> <ul style="list-style-type: none"> Place a nonslip mat or self-stick strips in the bathtub or on the shower floor. 		
Do you need support taking a bath, showering or using the toilet?	<input type="checkbox"/> <input type="checkbox"/> <ul style="list-style-type: none"> Install grab bars next to the tub and toilet. Use a shower chair, bath bench or raised toilet seat. 		 

		Who Will Fix the Hazard (Such as a Family Member or Neighbor)	
If Yes, How To Fix			
Kitchen and Storage	No Yes		
Do you struggle to reach items you use often?	<div><input type="checkbox"/> <input type="checkbox"/></div> <ul style="list-style-type: none">• Keep items you use often in an easy-to-reach place.• If you must store something out of reach, use a step stool with a support bar. Never stand on a chair.	<div></div> <div></div>	

		Who Will Fix the Hazard (Such as a Family Member or Neighbor)	
If Yes, How To Fix			
Floors	No Yes		
Are there throw rugs, objects you might trip over or uneven flooring?	<input type="checkbox"/> <input type="checkbox"/> <ul style="list-style-type: none"> • Get rid of throw rugs or secure them with double-sided tape. • Coil or tape electrical cords next to the wall. • Clear objects from the floor (such as papers, books and shoes). • Fix uneven floors and replace missing tiles. 	 	
Is the floor slippery?	<input type="checkbox"/> <input type="checkbox"/> <ul style="list-style-type: none"> • Clean up spills right away. • Avoid waxing your floors. 		

		Who Will Fix the Hazard (Such as a Family Member or Neighbor)	
If Yes, How To Fix			
Stairs (If Any)	No Yes		
Are there trip hazards on the stairs?	<input type="checkbox"/> <input type="checkbox"/> <ul style="list-style-type: none"> • Clear objects from the stairs. • Secure any loose sections of carpet on the stairs. • Fix loose handrails. 		
Are the stairs hard to see?	<input type="checkbox"/> <input type="checkbox"/> <ul style="list-style-type: none"> • Install or replace lighting in stairwells. • Place glow-in-the-dark tape on the edge of each step. 		

		Who Will Fix the Hazard (Such as a Family Member or Neighbor)	
If Yes, How To Fix			
Pets (If Any)	No	Yes	
Are there pets in the home?	<div><input type="checkbox"/></div> <div><input type="checkbox"/></div>	<ul style="list-style-type: none">• Watch out for pets when you walk, especially at night.• Keep dog beds, litter boxes and other pet items out of the way.	<div></div> <div></div> <div></div>

Free or Low-cost Home Maintenance and Repair Programs

[311 Portal: Home Repair Assistance for Seniors](#)

Connects older New Yorkers to Met Council and the New York Foundation for Senior Citizens for repair services

Call **311** or visit **nyc.gov/311** and search for **home repairs**.

[Met Council's Senior Repair](#)

For older adult renters, homeowners or qualified condominium or co-op owners
Call 212-453-9542, email **help@metcouncil.org** or visit **metcouncil.org/contact**.

[New York Foundation for Senior Citizens](#)

For older adult homeowners or qualified condominium or co-op owners
Call 212-962-7655 or visit **nyfsc.org/support-services/repair-safety-services**.

[Center for NYC Neighborhoods Homeowner Hub](#)

Contact center for locating NYC programs to assist older adult homeowners with repairs and retrofitting their home

Call 646-786-0888 or visit **cnycn.org/get-help**.

[The Parodneck Foundation's Senior Citizen Homeowner Assistance Program \(SCHAP\)](#)

No- or low-interest loans and technical assistance for qualified older adult citizen homeowners

Call 212-431-9700 (extension 300) or visit **parodneckfoundation.org/schap**.

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Rebuilding Together NYC's Housing Preservation Program

No-cost home modifications for low-income older New Yorkers with mobility issues and other disabilities

Call 718-488-8840 or visit **rebuildnyc.org/programs/housing-preservation**.

NYCHA

Customer Contact Center for residents of NYCHA housing

Call 718-707-7771 or visit **on.nyc.gov/CCC**.

NYC Mayor's Office for People with Disabilities

Housing programs and resources for people with disabilities

Call **311** or visit **nyc.gov/mopd** and search for **housing**.

Some insurance programs **reimburse for adaptive home safety equipment**
(such as shower chairs, raised toilet seats and grab bars).

Talk to your health care provider or health insurance provider to learn more.

For more information, visit **nyc.gov/health/preventfalls**.

