

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.























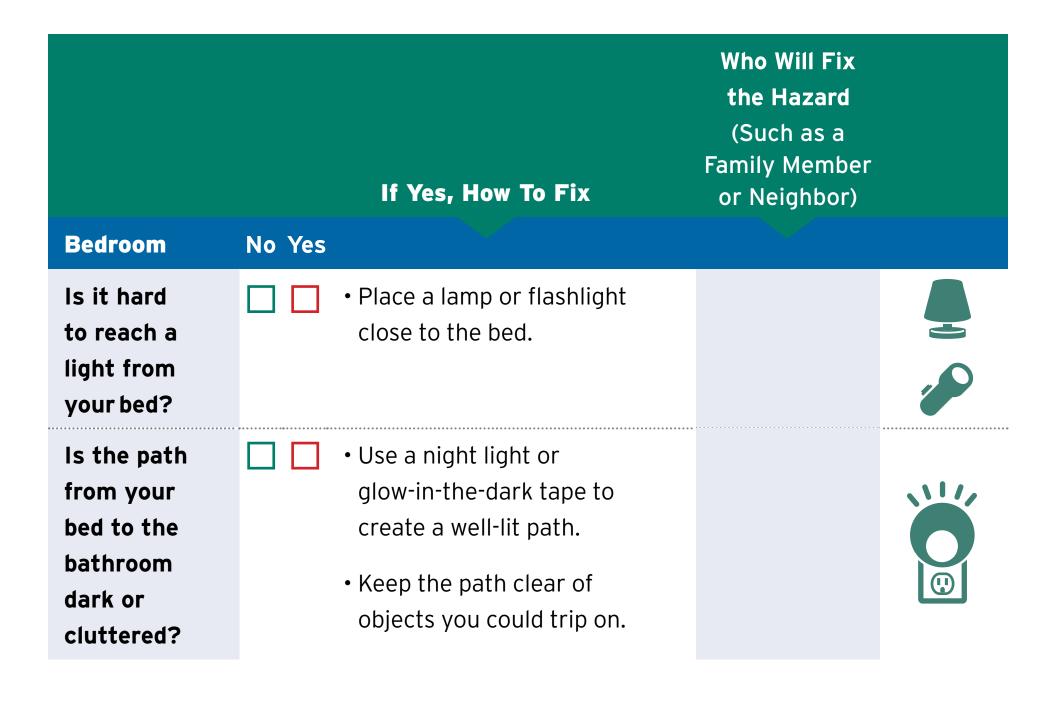








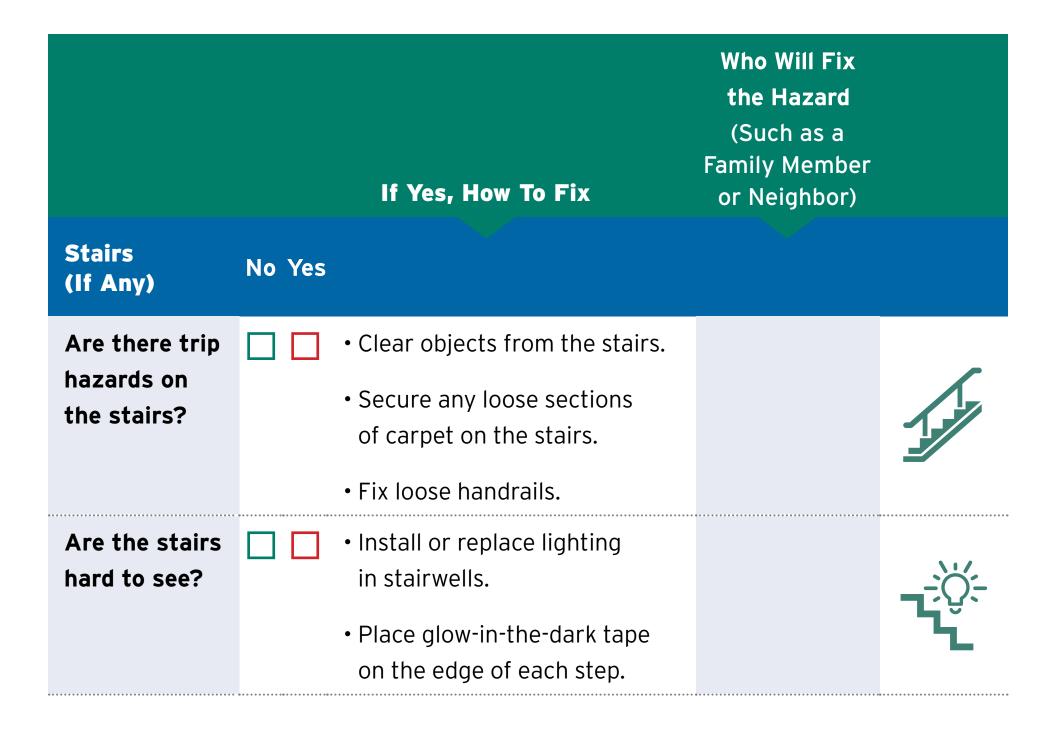


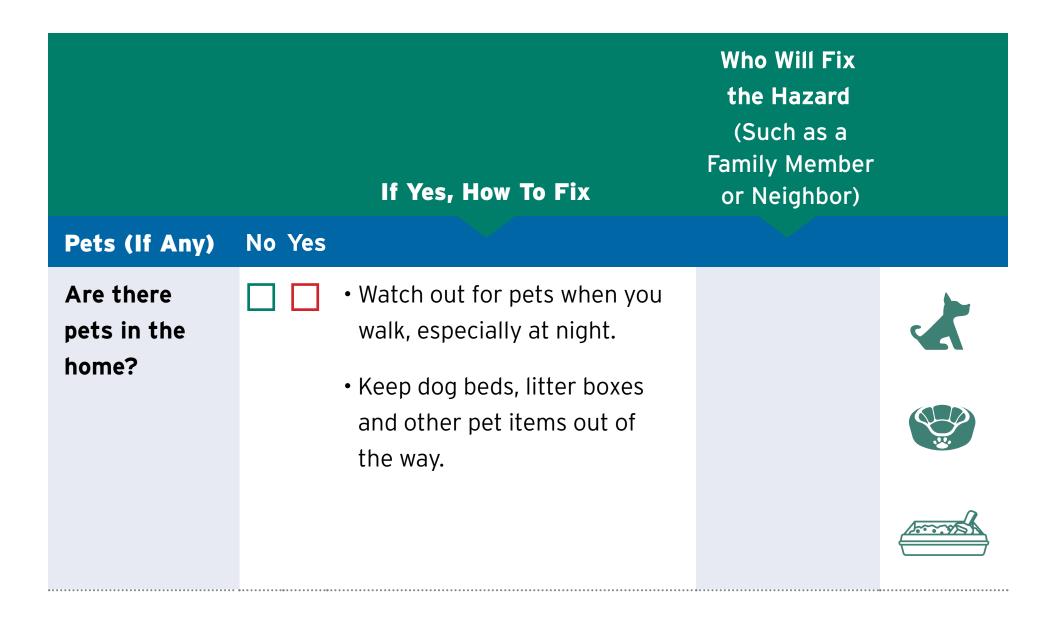


Who Will Fix the Hazard (Such as a **Family Member** If Yes, How To Fix or Neighbor) **Bathroom** No Yes • Place a nonslip mat or Is the tub self-stick strips in the bathtub or shower or on the shower floor. slippery? Install grab bars next to the Do you need tub and toilet. support taking a bath, Use a shower chair, bath showering bench or raised toilet seat. or using the toilet?

Who Will Fix the Hazard (Such as a Family Member If Yes, How To Fix or Neighbor) Kitchen and No Yes **Storage** • Keep items you use often in Do you struggle an easy-to-reach place. to reach If you must store something items you out of reach, use a step stool use often? with a support bar. Never stand on a chair.

Who Will Fix the Hazard (Such as a **Family Member** If Yes, How To Fix or Neighbor) **Floors** No Yes Are there • Get rid of throw rugs or secure them with double-sided tape. throw rugs, objects Coil or tape electrical cords you might next to the wall. trip over Clear objects from the floor or uneven (such as papers, books flooring? and shoes). Fix uneven floors and replace missing tiles. • Clean up spills right away. Is the floor slippery? Avoid waxing your floors.





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.

