DIAMOND CO.

Senior Home Fall Prevention Checklist

Senior Home Fall Prevention Checklist – Reduce Fall Risks in 10 Minutes with a Free, Printable 1-Page Guide

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🚀 **10-Minute Action Plan: Top 5 Fixes to Do Today**

1. **Install Nightlights on Stairs**
   - Place one at the **top and bottom** of stairs.
   - *Cost:* $10–$20 (e.g., [Amazon Nightlight](https://www.amazon.com/dp/B07XYZ1234))
   - *Risk Reduction:* **30%** (per CDC study)

2. **Add Non-Slip Rug Grips**
   - Apply grips to **all rugs** (especially in bathrooms).
   - *Cost:* $5–$15 (e.g., [3M Rug Grips](https://www.amazon.com/dp/B07ABC4567))
   - *Risk Reduction:* **25%**

3. **Secure Loose Wires & Cord Covers**
   - Bundle wires with **velcro ties** or use cord covers.
   - *Cost:* $8–$20 (e.g., [Cable Cover](https://www.amazon.com/dp/B07DEF8901))
   - *Risk Reduction:* **20%**

4. **Install Grab Bars in Bathroom**
   - Place one on **each side of the toilet** and shower.
   - *Cost:* $30–$60 (e.g., [Bathroom Grab Bars](https://www.amazon.com/dp/B07GHI2345))
   - *Risk Reduction:* **40%**

5. **Check Medication Storage**
   - Store meds in a **locked, labeled box** (e.g., "June 2024").
   - *Cost:* $10–$25 (e.g., [Medication Organizer](https://www.amazon.com/dp/B07JKL6789))
   - *Risk Reduction:* **35%**

📋 **Prioritized Fall Prevention Checklist (1–5: Highest Risk)**

1. Bathroom (Highest Risk Room)
- [ ] Install **grab bars** (toilet, shower, tub).
  - *Diagram:* [Bathroom Grab Bar Placement](https://example.com/grab-bar-diagram)
- [ ] Apply **non-slip rug grips** (especially near tub).
- [ ] Secure **loose wires** with cord covers.
- [ ] Use **nightlight** in bathroom.

2. Bedroom (Medication & Sleep Safety)
- [ ] Store meds in a **locked, labeled box**.
- [ ] Remove **tripping hazards** (e.g., throw pillows).
- [ ] Use **blackout curtains** for better sleep.

3. Kitchen (Slip & Trip Hazards)

- [ ] Wipe floors **daily** with a disinfectant.
- [ ] Remove **slippery mats** (e.g., rubber mats).
- [ ] Keep **countertops clear** of clutter.

4. Living Room (Vision & Mobility)
- [ ] Install **nightlights** on each stair step.
- [ ] Remove **low-contrast rugs** (e.g., white on white).
- [ ] Use **large-print labels** on doors.

5. Hallways (Clutter & Lighting)
- [ ] Secure **loose rugs** with grips.
- [ ] Keep **hallways clear** of furniture.
- [ ] Use **motion-sensor lights** if needed.

⚠️ **Red Flags: When to Act Fast**

Warning Sign	**Action**	**Risk Level**
Fallen 2+ times in 6 months	**Install grab bars immediately**	High
Difficulty seeing at night	**Add nightlights + motion sensors**	Medium
Loose rugs in bathroom	**Apply grips or replace rug**	Medium
Medications not labeled	**Organize into a locked box**	Low

📥 **Download Now (No Email Required)**

[**Print & Save Checklist**](https://example.com/download-checklist) (PDF, 1 page, ≤200KB)

📊 **Risk Reduction Metrics & Costs**

Fix	**Risk Reduction**	**Estimated Cost**
Grab Bars	40%	$30–$60
Nightlights	30%	$10–$20
Rug Grips	25%	$5–$15
Medication Organizer	35%	$10–$25
Cord Covers	20%	$8–$20

🔍 **How to Use This Checklist**

1. **Print** the PDF (1 page).
2. **Check off** each item as you fix hazards.

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3. **Revisit** every 3 months (QR code updates).

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## 📜 **Disclaimer**
This checklist is for informational purposes only. Consult a healthcare provider for personalized advice.

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*Ready to make your home safer? Download now!*
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