



Welcome Health



As we age, it's important to ensure that our homes are safe and comfortable. Falls and accidents can be more dangerous for seniors, so it's crucial to take steps to prevent them.

Here are our top home safety tips for seniors to reduce the risk of falling at home.

1. Use only non-slip mats or rugs, including the doormat.
2. Install grab bars in the bathroom by the toilet and in the shower to help with balance.
3. Have a sturdy shower chair or bench available in case issues arise while showering.
4. Use a non-slip mat in the shower or bathtub.
5. Use a raised toilet seat to make getting onto and off of the seat easier.
6. Keep a clear path from the bed to the bathroom.
7. Make sure there is adequate lighting throughout the house, especially in hallways, bathrooms and staircases. Nightlights in these areas are very helpful.
8. Keep cords and wires out of walkways.
9. Avoid using furniture with wheels that are unable to lock in place.
10. Use a chair with armrests to help with standing and sitting.
11. Wear shoes with laces that can be tied as opposed to slippers or sandals.
12. Avoid using ladders or step stools.
13. Consider getting a medical alert system so that if you do fall, you can easily access help.

With a few simple adjustments and precautions, you can reduce your risk of falls, injuries, and accidents in your home.

Learn more [welcomehealth.org](https://www.welcomehealth.org)

