



Elder Proofing Your Home

<i>Stairways, Hallways and Pathways</i>	<i>Living Areas</i>
1. Have handrails on both sides of the stairs.	1. Keep electric cords and wires next to the wall and tacked down.
2. Make sure there is good lighting,	2. Affix all carpets and area rugs firmly to the floor.
3. Keep the walkway tidy.	3. Arrange furniture so there are clear paths for walking.
4. Check that the carpets are fixed firmly.	4. Make sure sofas and chairs are the right height for sitting and getting up.
5. Don't use throw rugs or small area rugs.	5. Don't walk on wet, newly washed floors.
<i>Bathrooms</i>	6. Keep often used items in easy reach.
1. Grab bars for the tub, toilet and shower.	7. Don't stand on a table or chair.
2. Place non-skid mats, strips and carpets.	8. Have a reach stick (obtainable in hardware stores) for hard to reach items.
3. Place nightlights.	9. Know where your pet is before sitting or standing so you don't trip on them.
<i>Bedroom</i>	10. Keep emergency numbers in large print near the telephone.
1. Put nightlights and light switches near the bed.	
2. Keep the telephone on the night table.	
3. Have all remote controls within reach.	

Source: National Institute on Aging: AgePage: Falls and Fractures; September 2012