

## Occupational Therapy – Adult Learning Disability Service

### Checklist for Fall Prevention at Home

#### Living Room

- Organise the room so that there is clear access to curtains, plug sockets and cupboards.
- Ensure seating is an appropriate height for the individual for standing and sitting.
- Remove any rugs, low furniture such as coffee tables and magazines/papers from the floor as these are trip hazards.
- Ensure all cables/wiring is safely placed behind furniture.

#### Hall and Stairways

- Ensure there is good lighting on the stairways; ideally have a light at the top and bottom of the stairs.
- Install a hand rail at one/either side of the stairs.
- Walking aids should be placed on both levels of home. This prevents the individual carrying them up/down stairs.
- Ensure the stairway is clear of any clutter at all times.
- Mark the edge/beginning of the stairs with a contrasting color of tape and consider changing any patterned carpets as this can cause confusion and increase the risk of a fall.

#### Kitchen

- Arrange the kitchen so that items used regularly are located together. For example, keep the kettle near to the sink with cups and tea/coffee close by.
- Arrange the kitchen so that regularly used items are within easy reach. For example, avoid use of high and low shelving/cupboards.
- Check condition of floor areas for wear and tear as this can be a trip hazard.
- Ensure any spillages are wiped immediately.

#### Bathroom

- Place non-slip mats in the bath, shower and flooring of the bathroom.

- Handrails should be considered for the bath/shower or toilet; these should be placed at a comfortable height for holding while carrying out these tasks.
- Perch stools should be considered for personal care activities that require standing for long periods of time.
- Remove any items which are cluttering surfaces and not being used. All regularly used items should be within easy reach.
- Leave the bathroom light or a hall light on during the night to prevent falls walking to the bathroom.

### **Bedroom**

- Choose a bed that is the best height for individual to get in and out of safely.
- Ensure there is easy access to clothing; these should be close together and easily reached.
- Ensure there is a suitable chair in the bedroom that can be used during dressing.

### **Keeping Safe**

- It is beneficial to have emergency contacts listed clearly near the phone; photos to accompany this list may be helpful.
- Handrails and grab rails can be installed in any area where trips/falls are likely. This could include the front door, stairways and the bath/shower. These can be requested through the Social Work contact Centre.
- Telecare can provide advice about services such as Community Alarm's and Fall Sensors.
- The Fire Service provides free Fire and Safety checks on households. This may be beneficial to consider if there are safety concerns and this can be continued annually.
- Ensure appropriate footwear is worn in the house at all times. For example, a closed shoe/slipper with a good sole rather than slip on footwear.
- Ensure regular visual checks are completed and all advice regarding eyewear is followed at home.

### **Useful Organisations/Contact information**

Fife Council Contact Centre (including Telecare and Social Work) – 03451 551503

Scottish Fire and Rescue Service (East Scotland) - 0131 228 1367

Royal Society for the Prevention of Accidents (Scotland)- 0131 449 9378 Email:  
help@rospa.com

Telecare Self Help Online Tool – Available on: [www.telecareselfcheck.scot](http://www.telecareselfcheck.scot)

To enable us to continually improve our service please contact our Occupational Therapy team if this guidance has been successful or if you are still experiencing difficulties, please contact our Occupational Therapy Adult Learning Disability Service on **01383 565223**.