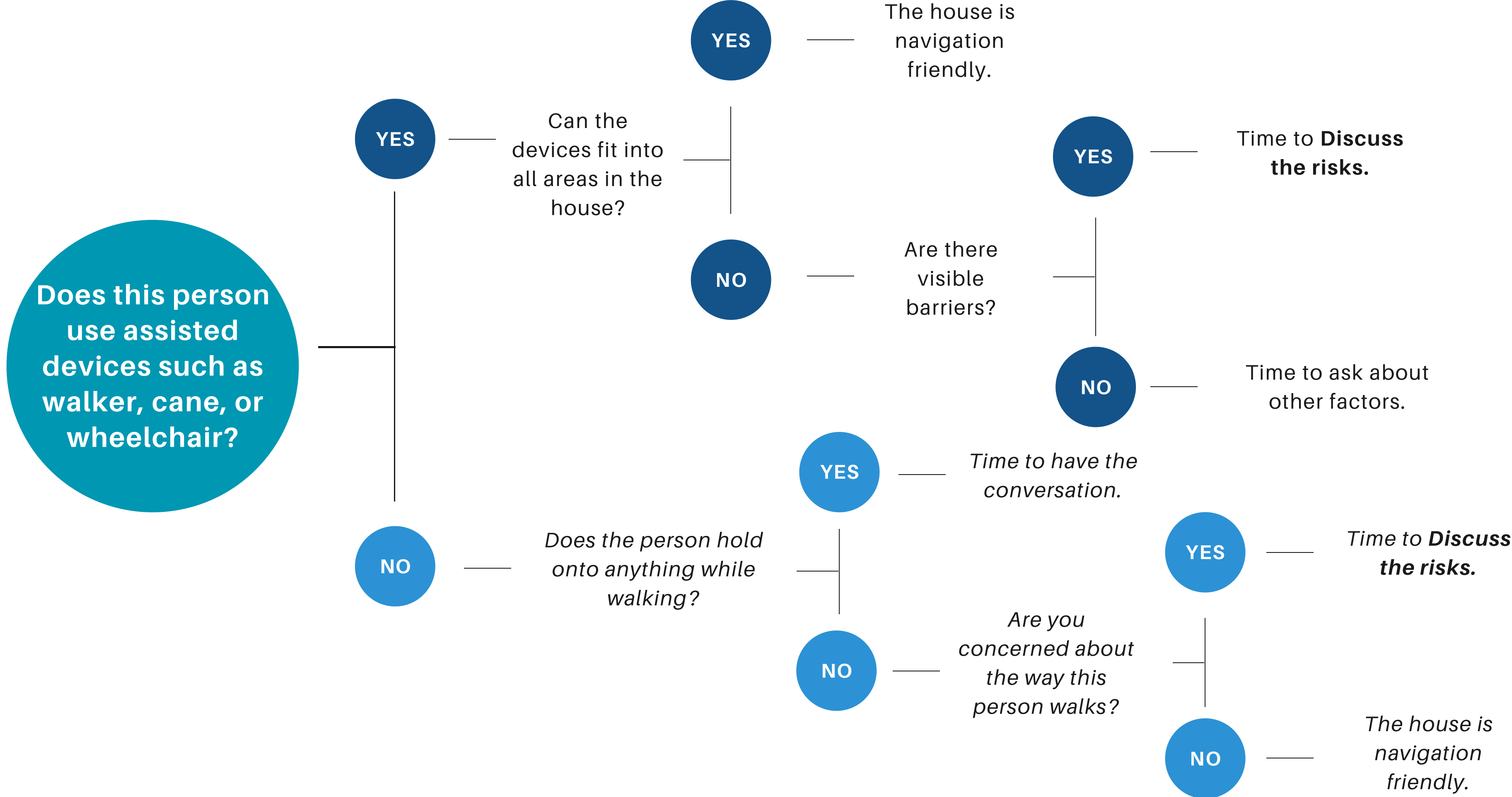


IDENTIFY NAVIGATION RISKS AT HOMES





Fall Risk Checklist

Chairs and Sofa

- There is something steady (arms or poles) for older adults to hold on to sitting down and standing up
- Older adults do not lose balance as they sit down or stand up
- The path leading to the chair/sofa is clear
- While sitting down, older adults' feet can touch the floor easily
- Enough lighting is available nearby, day and night

Lighting

- There should always be adequate lighting in all areas available in the house
- Nightlights can be crucial unless a medical doctor says no

Area rugs

- It is the best not to have any area rugs in pathways
- If area rugs are necessary, their edges should be firmly attached to the floor, not curling

Beds

- Older adults can get in and out of bed easily
- When older adults sit in bed, their feet can touch the floor easily
- The mattress is firm enough to hold older adults in sitting position, not slippery
- The path leading to the bed is clear
- Enough lighting is available nearby, day and night
- There is something to communicate with others by the bedside (landlines/cellphones)



Fall Risk Checklist

Bathtub

- There is a non-slip mat in front of the bathtub where people stand on
- There is something steady (poles or grab bars) for older adults to hold on to stepping in and out
- Older adults can sit comfortably in the bathtub
- The path leading to the bathtub is clear

Walk-in shower

- There is a non-slip mat in front of the walk-in shower where people stand on
- No barrier between the walk-in shower and bathroom floor
- Older adults can sit comfortably in the walk-in shower
- There is something steady (grab bars) for older adults to hold on to stepping in and out and while sitting down
- Older adults can reach the showerhead easily when sitting down
There is enough room to have a shower chair inside the shower

Toilet

- There is a non-slip mat in front of the toilet
- Have something to hold onto, usually grab bars or toilet seating, near the toilet
- Older adults can sit all the way down on the toilet or they might need a booster seat
- The path leading to the toilet is clear