








How to Prevent Falls: A Home Safety Checklist

Falls can cause serious injury. Fortunately, most falls can be prevented. Use this checklist to find and fix fall hazards in your home.

	If Yes, How to Fix		Who Will Fix the Hazard (for example: family member, neighbor)
BEDROOM			
Is it hard to reach a light from your bed?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> Place a lamp or flashlight close to the bed. 	
Is the path from your bed to the bathroom dark or cluttered?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> Use a night light or glow-in-the-dark tape to create a well-lit path. Keep the path clear of objects you could trip on. 	
BATHROOM			
Is the tub or shower slippery?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> Place a nonslip mat or self-stick strips in the bathtub and/or on the shower floor. 	
Do you need support taking a bath, showering or using the toilet?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> Install grab bars next to the tub and toilet. Use a shower chair, bath bench and/or raised toilet seat. 	
KITCHEN AND STORAGE			
Do you struggle to reach items you use often?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> Keep items you use often in an easy-to-reach place. If you must store something out of reach, use a step stool with a support bar. Never stand on a chair. 	
FLOORS			
Are there throw rugs, objects you might trip over or uneven flooring?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> Get rid of throw rugs or secure them with double-sided tape. Coil or tape electrical cords next to the wall. Clear objects from the floor (for example: papers, books, shoes). Fix uneven floors and replace missing tiles. 	
Is the floor slippery?	<input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> Clean up spills right away. Avoid waxing your floors. 	

If Yes, How to Fix

Who Will Fix the Hazard
(for example: family member, neighbor)

STAIRS (IF ANY) No Yes

Are there trip hazards on the stairs?

- Clear the stairs of objects.
- Secure any loose sections of carpet on the stairs.
- Fix loose hand rails.



Are the stairs hard to see?

- Install or replace lighting in stairwells.
- Place glow-in-the-dark tape on the edge of each step.



PETS (IF ANY) No Yes

Are there pets in the home?

- Watch out for pets when you walk, especially at night.
- Keep dog beds, litter boxes and other pet items out of the way.



Free or Low-Cost Home Maintenance and Repair Programs

Met Council's Project Metropair

For renters, homeowners or qualified condominium or co-op owners
Call 212-453-9542 or email homeservices@metcouncil.org

New York Foundation for Senior Citizens

For homeowners or qualified condominium or co-op owners
Call 212-962-7655

The Parodneck Foundation's Senior Citizen Homeowner Assistance Program (SCHAP)

No- and low-interest loans and extensive technical assistance for qualified senior citizen homeowners
Call 212-431-9700, ext. 300

Rebuilding Together NYC's Accessibility Upgrades Program

Accessibility upgrades for eligible low-income older adults or disabled residents
Call 718-488-8840

Neighborhood Housing Services' Home Improvement Program

Loans to homeowners for moderate repairs
Call 212-519-2500

BronxWorks Minor Repair Program

Minor home repairs for seniors in the Bronx
Call 718-933-5300

New York City Housing Authority (NYCHA)

Customer Contact Center for residents of NYCHA housing
Call 718-707-7771

New York City Mayor's Office for People with Disabilities - Housing Resources

Housing programs and resources for people with disabilities
Call 311

Some insurance programs reimburse for adaptive home safety equipment (for example: shower chairs, raised toilet seats and grab bars). Talk to your doctor or call your insurance provider to learn more.

For more information, visit nyc.gov and search **preventing falls**.