

SAFE PROOFING YOUR HOME FROM FALLS

Here are a few good tips on how you can prevent the chance of falling at home.

Step 1: Low-cost safety tips

Many people find that they can make these changes themselves.

- *Add textured, no-slip strips in the bathtub and shower.*
- *Apply nonslip wax on floors.*
- *Place a waterproof seat or chair in the shower.*
- *Put nonskid treads on steps.*
- *Remove throw rugs.*
- *Remove wheels on chairs.*
- *Replace standard doorknobs with lever handles.*
- *Replace toilet with a raised or high-profile toilet.*
- *Use rubber-backed bathmats.*
- *Keep pets in a safe secure area*
- *Remove extension cables from walk ways*
- *Use plugin sensor lights*

Step 2: Expensive changes

These modifications often require professional help to make a home more accessible for a wheelchair.

- *Alter the shower for walk-in rather than step-over entry.*
- *Create zero-threshold entryways.*
- *Move light switches for easy reach from a wheelchair or bed.*
- *Widen doorways and hallways.*

