

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.**

