

Home Fall Risk Checklist

ThrivePT Academy

Educational Resource for Caregivers & Older Adults

Living Areas

- Remove loose rugs or secure them with non-slip backing
- Ensure walkways are clear of cords and clutter
- Improve lighting, especially at night

Bathroom Safety

- Install grab bars near toilet and shower
- Use non-slip mats inside and outside the shower
- Consider a raised toilet seat if standing is difficult

Footwear & Mobility

- Wear well-fitting, non-slip shoes
- Avoid walking in socks on smooth floors
- Use assistive devices as recommended

Disclaimer: This guide is for educational purposes only and does not replace medical advice. No patient-provider relationship is established through use of this material.