

How Safe is Your Home?

Yes No

- The path to my front door is even and there is a handrail at the front and back door.
- Outdoor lights at my front and back door turn on automatically at night if someone moves in front of them.
- There is no clutter on my floor, and no area rugs.
- My house number is clearly visible from the street.
- There are sturdy grab bars around my toilet and bathtub or shower.
- My bathtub or shower have a non-slip surface.
- The water temperature is set at no higher than 120 degrees (to prevent scalding).
- I can easily reach a light and the phone from my bed.
- I have emergency phone numbers in a clear location near the telephone.
- I have good lighting in each room, and nightlights to get to and from the bathroom at night.

For a more information visit, www.aarp.org/life/homedesign

4 Steps You Can Take to Prevent Falls

- 1. Begin a regular exercise program.**
- 2. Make your home safer.**
(Try the home safety checklist on this page.)
- 3. Have your health care provider review your medicines.**
- 4. Have your vision checked regularly.**