

Home & Environmental Risk Factors:

Home Safety

- Consider contacting your local community health unit or falls clinic for a Home Safety Assessment that provides specific recommendations.
- Ensure any home safety equipment is fitted correctly and in good working order.
- For assistance with home repairs, consider contacting a family member, friend, handyman, or volunteer group.
- Ensure smoke and carbon monoxide detectors are installed and in working order (contact the local fire department if you need assistance).

Ensure your home is clear of clutter, including electrical cords and footwear

Consider using a shower chair and hand-held shower head so you can sit while bathing

Consider installing grab bars beside the toilet and in the bathtub and shower area.

Always use a non-slip bathtub or shower mat.

Have a bedside lamp in easy reach.

Consider a bed assist rail to make transfers in and out of bed easier.

Keep more regularly used items within easy reach.

Wipe up spills as soon as they happen.

Use a long-handled reacher to grasp objects that are high on shelves or on the floor.

- Have a phone easily accessible – if possible, keep a cordless or cell phone with you.

- Consider investing in a personal alarm system.

- Ensure good lighting is available throughout your home.
- Consider increasing the lightbulb wattage to increase light.
- Consider adding nightlights to ensure good visibility.

Install handrails on both sides of the stairs and ensure they are in good working order.

Make sure stairs are well lit.

Paint the edges of stairs or add a strip of tape to each step so they are easy to see. Remember to monitor the tape as peeling tape can be a tripping hazard.

Remove carpets or rugs that present a trip hazard. Any rugs that remain should be taped down using double-sided tape.

Consider using furniture risers or a Stand-N-Go (avoid chairs or couches that are too low or soft, making them difficult to get out of).

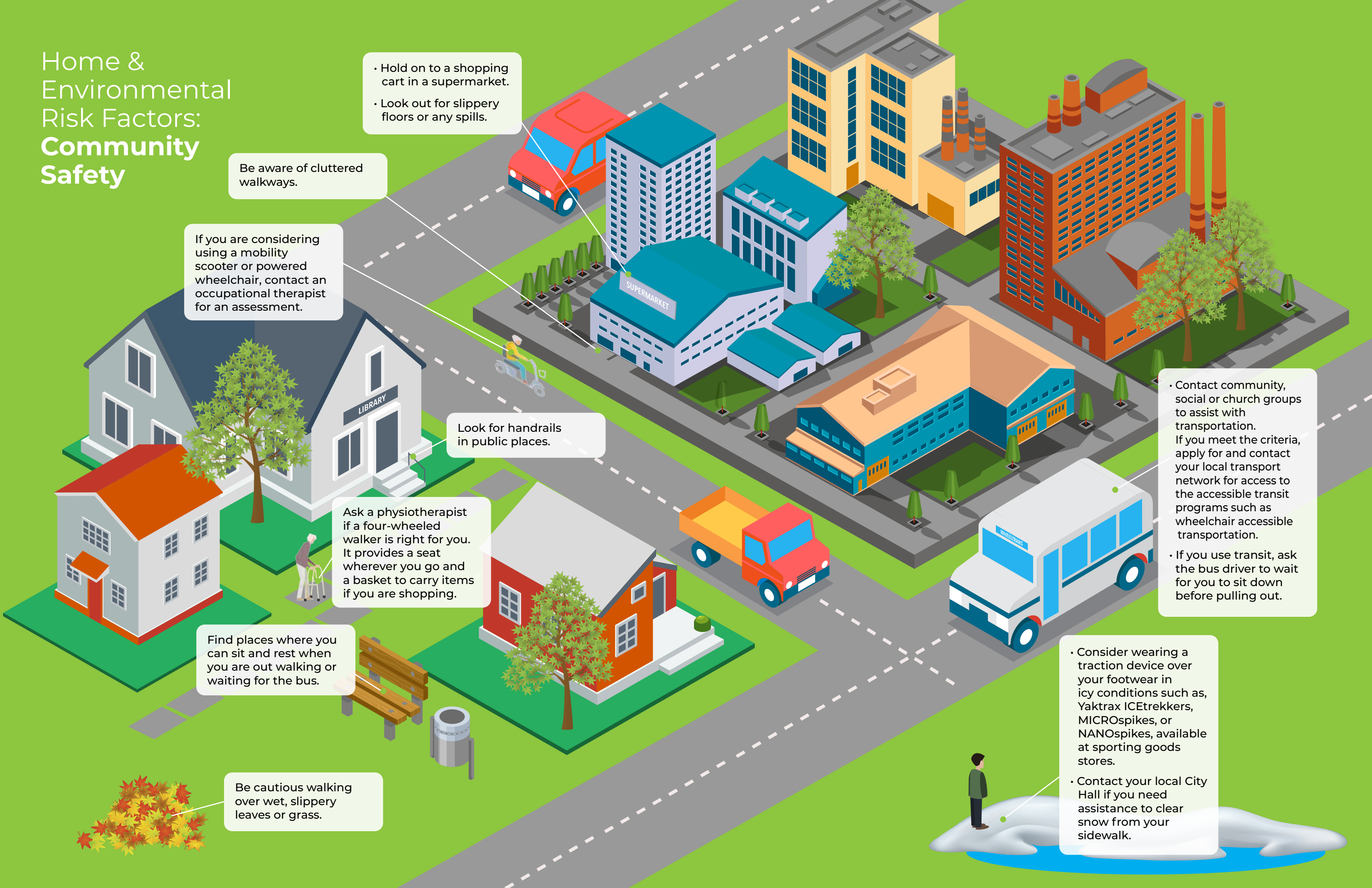
Avoid chairs on wheels.

Sit in a chair with a firm back and seat and armrests.

Outdoors

- Ensure all steps to access your home have a railing and are in good repair.
- Ensure the walkways and driveway leading to your door are in good repair and free of leaves, ice, or snow.
- Ensure lighting is available and in good working order around all entry/exit points.

Home & Environmental Risk Factors: Community Safety



Be aware of cluttered walkways.

If you are considering using a mobility scooter or powered wheelchair, contact an occupational therapist for an assessment.

- Hold on to a shopping cart in a supermarket.
- Look out for slippery floors or any spills.

Look for handrails in public places.

Ask a physiotherapist if a four-wheeled walker is right for you. It provides a seat wherever you go and a basket to carry items if you are shopping.

Find places where you can sit and rest when you are out walking or waiting for the bus.



Be cautious walking over wet, slippery leaves or grass.

- Contact community, social or church groups to assist with transportation. If you meet the criteria, apply for and contact your local transport network for access to the accessible transit programs such as wheelchair accessible transportation.
- If you use transit, ask the bus driver to wait for you to sit down before pulling out.

- Consider wearing a traction device over your footwear in icy conditions such as, Yaktrax ICETrekkers, MICROspikes, or NANOspikes, available at sporting goods stores.
- Contact your local City Hall if you need assistance to clear snow from your sidewalk.