

Review the Home Fall Prevention Checklist for Older Adults

Choose Your Support Team:

You will need help at home during your recovery. Designate family members and/or friends to help you upon your discharge home with:

- Driving
- Grocery shopping, laundry, light cleaning, and cooking
- Personal care assistance as needed



Other Home Prep Ideas:

General Preparation:

- Keep your phone easily accessible
- Arrange for pet care
- Consider moving furniture to allow more space when using your walking device
- Choose a sturdy chair with a firm seat and arm rests
- For extra low furniture, increase the height with cushions or furniture risers
- If you currently have difficulty climbing stairs, consider 1st floor options by converting a main floor space into a temporary bedroom

Bedroom:

- Do your laundry before surgery
- Place clothing on easily accessible shelves and cabinets
- Place a lamp close to the bed
- Consider a reacher and other assistive devices to put on your lower body clothing with ease



Bathroom:

- Stock up on personal items like soap, shampoo, toilet paper and medications
- Consider an elevated toilet seat or commode over the toilet to ease sitting and standing
- Use personal wipes as a substitute if unable to bathe
- Consider a shower chair/bench, safety rails, and/or a slip-proof mat to reduce slips on a wet floor
- Use a hand held shower head and long handled shower sponge to limit reaching or twisting
- Consider temporarily replacing shower doors with a curtain to improve access to your tub
- Install a nightlight that will remain on throughout the night



Kitchen:

- Keep frequently used items on the counter
- Stock up on canned and frozen foods
- Prepare meals ahead of time and freeze

Key Takeaway:

A better prepared home will improve your safety and aid in your smooth transition back to your normal routine following surgery.

