



## Elderly Home Safety Audit: Fall Prevention Checklist

*For seniors recovering from a fall or surgery.*

### 1. Bathroom Safety (High Risk Zone)

- **Grab Bars:** Installed inside the shower AND next to the commode? (Towel racks are not weight-bearing).
- **Non-Slip Mats:** Are there rubberized suction mats inside and outside the bathing area?
- **Commode Height:** Is the seat raised to prevent "plopping," which can cause hip fractures?

### 2. Bedroom & Lighting

- **Path Clearance:** Are all loose rugs, electrical cords, and clutter removed from the walking path?
- **Night Lighting:** Are there motion-sensor night lights from the bed to the bathroom?
- **Bed Height:** Can the senior sit on the edge of the bed with feet flat on the floor? (Too high/low increases fall risk).

### 3. Clinical & Mobility Monitoring

- **Footwear:** Is the senior wearing "Anti-skid" socks or firm-soled shoes indoors? (Avoid loose slippers).
- **Vitals Monitoring:** Is Blood Pressure checked *specifically* when moving from sitting to standing (Orthostatic Hypotension check)?
- **Medication Review:** Are any medicines causing dizziness or drowsiness? (Common cause of 2:00 AM falls).