



## **Home Modifications that can be Made to Lessen the Risk of Falls**

- Install nightlights throughout the home.
- Remove all rugs and objects in walk paths.
- Set an answering machine to the fourth ring so that there is no need to run for the phone.
- Remove all glass and breakable items from areas in which your care recipient is likely to walk.
- Use non-slip treads on stairs.
- Place slip-resistant mats in the bathroom and bathtub/shower.
- Make sure that shoes and slippers have non-slip soles.
- Avoid wearing socks only, particularly on tile or hardwood floors.