

General Guidelines

1. Remove throw/scatter rugs to prevent tripping.
2. Remove or tape down long telephone, electric or extension cords to prevent tripping.
3. Clear all walkways to allow for easy access for walker, cane, or crutches.
4. Exercise caution around bedspreads (especially corners) to prevent tripping.
5. Exercise caution around water, clothing, or other objects spilled or dropped on the floor.
6. All walkways should be well lit – especially the pathway to the bathroom at night (use a night light) and the front entrance.
7. Place commonly used items within easy reach to prevent over-reaching or bending. Do not use a step stool or ladder!
8. Be especially cautious when walking on uneven terrain, such as sidewalks, asphalt, grass or dirt areas.
9. Place an end table or T.V. tray next to an arm chair to store glasses medications, books and so forth. Keep a pitcher of water and a glass on the bedside table.
10. Sit in a sturdy chair with arm rests. Adapt the seat height of the chair with a firm cushion, folded blanket, or firm pillow. This will increase ease and safety sitting and standing. Avoid low couches and chairs, including rocking chairs. Chairs on wheels or castors should be stabilized against a wall or table while you stand up or sit down.
11. Place the telephone within close reach for easy access. Rather than rush to the phone, use a telephone answering machine to answer the phone. Tell friends to let the phone ring ten times or more. A cordless telephone comes in very handy.
12. Exercise caution around animals or toys.

Kitchen Safety

1. Use a cart on wheels to transport items in the kitchen and around the house.
2. Sit in a high stool at the counter when cooking.
3. Reorganize your kitchen to promote easy access to items.
4. Attach a bag or basket to your walker to carry items. You may also use a knapsack, an apron with pockets, or a housecoat with pockets to carry light weight items.

5. Place frequently used items within easy reach. For example, place on low shelves of upper cupboards or high shelves of lower cupboards; place pots, pans, and plates on counter top.
6. Place frequently used food items on upper shelves of the refrigerator.
7. When shopping, purchase smaller items that will be easy to carry.
8. Carry plates of food or drinks in closed containers such as Tupperware or small thermos. Place these containers in a bag or basket on your walker.
9. Move table close to counter, sit at counter, or use a pull-out cutting board when eating meals.
10. Put bowls, pots, pans on a dish towel and slide them across the counter instead of carrying them.

Bathroom Safety

1. Place non-slip strips or a rubber mat on the floor of your tub or shower to prevent slipping.
2. Place shampoo, soap, towels or back brush within easy reach. A shower caddy may be helpful to organize these items.
3. Use a hand-held shower hose, shower seat, or tub transfer bench if recommended.
4. Have grab bars installed in shower or by the toilet to increase safety, if recommended.
5. Use liquid soap or soap on a rope, or keep two bars of soap available in case you drop one.
6. A commode or raised toilet seat with grab bars may be needed to increase your safety and independence.

Appropriate Clothing and Footwear

1. The length of gowns and bathrobes should be above your ankles.
2. If pants are too long, roll them up or wear a shorter pair.
3. Shoes and slippers should go around the heel and have non-slip soles (preferably rubber). Slip-on shoes are generally easier than tie shoes.
4. Do not walk around the house in stocking feet – wear shoes or slippers.