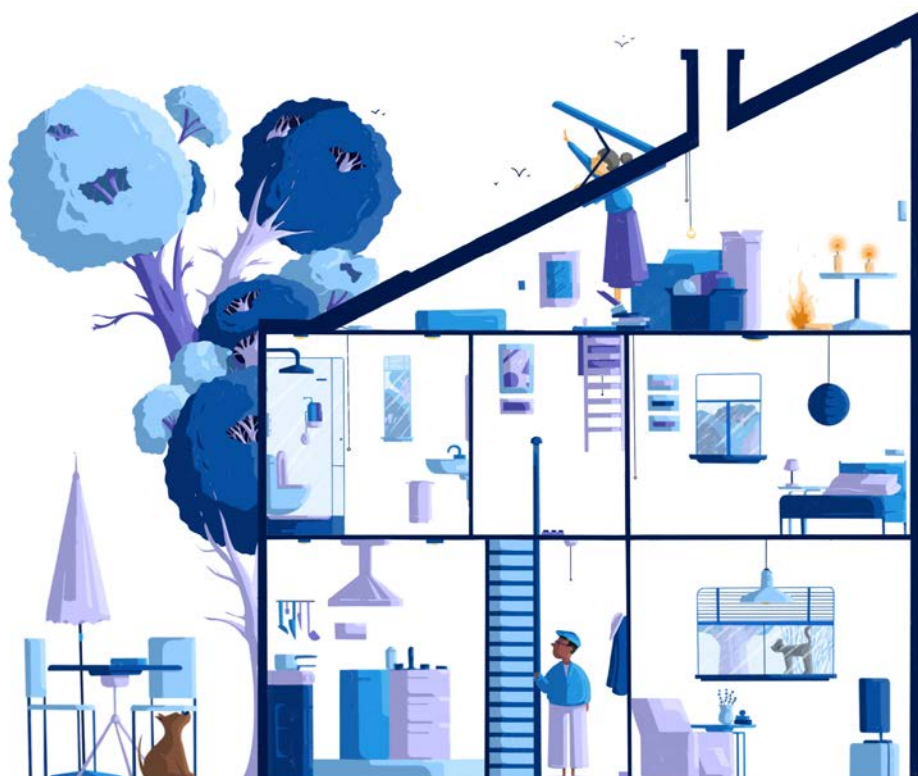


STEADY ON YOUR FEET

Devon

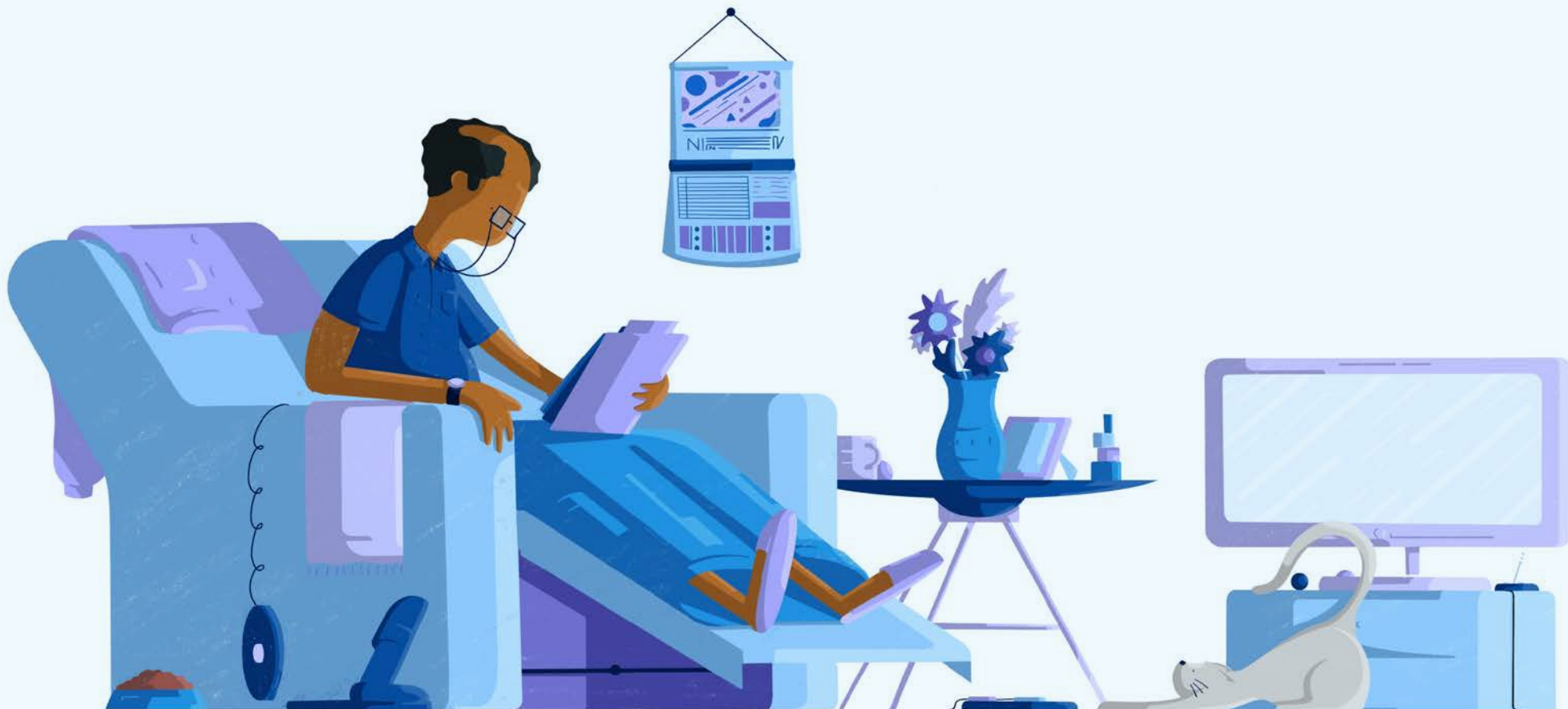


Home Safety Checklist

This checklist has been designed to help you identify hazards and reduce the risks that can contribute to you falling in your own home.

The checklist can be filled in by yourself, your carer, a relative, a friend, a Health Care professional or Social Care Worker.

The checklist has been divided up into questions about different aspects of the home where the chance of falling is higher. You can answer each section by ticking Yes or No; there are some tips on how to improve the safety of your home, and a box where you can write any actions taken.



STAIRS AND GETTING AROUND THE HOUSE

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Are staircases and landings well lit?			Routes should be kept illuminated when they are in use and ensure that light switches are easily reached.	
Is there a two way light switch present (e.g. a switch at both the top & bottom of stairs)?			Have an electrician fit a two way light switch.	
Do you feel stable when going up and down the stairs?			It is essential to have a handrail, even on small flights of stairs. Additional ones can be fitted by the local handyperson. Consider minimising journeys up and down the stairs.	
When you walk through a room, do you have to walk around furniture?			Consider moving things so that your path is clear. Ask someone to help if needed and always use your walking aid as advised.	
Are there papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?			Pick up things that are on the floor and always keep objects off the floor. A 'helping hand' may reduce stooping / overreaching.	

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Do you have to walk over or around cords or wires (e.g. cords and wires from lamps, extension cords or telephone cords)?			Coil or tape cords and wires next to the wall so they are not a tripping hazard. If possible have an electrician put in another socket. Consider a fire home safety check from the local fire brigade who can provide advice and supply / fit smoke alarms if required - see useful contacts.	
Do you have a letterbox cage to avoid stooping to pick up your letters?			These are quite easy to fit, and apart from saving you from stooping, will also stop papers being spread across the floor just inside the doorway which could make you slip - available at DIY stores and the handy person scheme can fit.	
Do you have loose rugs or runners on the floor?			Remove the rugs & runners or tape down edges and use non slip matting beneath the rugs to prevent them from slipping.	
If you fall do you have a system for calling assistance?			A personal alarm pendant is a good way of doing this, and there are a number of schemes available - see useful contacts	
Are the carpets in good condition and not frayed?			Worn carpets are a major cause of serious falls and should be replaced or secured.	

LOUNGE / SITTING ROOM

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Do you have castors under chairs which makes them likely to slide as you get up?			Castors make furniture easier to move but can cause a problem if they slide back just as you are getting up. Either remove the castors or fit cup shaped carpet savers underneath.	
Can you get in and out of your chair safely?			<p>If your chair is too high or too low it may need adjusting to make it easier to get in and out of.</p> <p>Do you have other chairs in your house which are a better height for you? Get someone to swap them over for you.</p> <p>You can also contact a local mobility centre or the Independent Living Centre (useful contacts) for advice.</p>	
Do you have to lean or reach to open windows or curtains because furniture is in the way?			<p>Ask someone to help you re-arrange the furniture so that your windows are more accessible.</p> <p>Curtain cords may help to help open and close the curtains without stretching.</p>	

KITCHEN

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Is there a risk of falling on wet flooring especially near the sink and washing machine?			Non-slip mats, a fitted carpet or carpet tiles should be used. Wet floor areas should be mopped as soon as possible.	
Is everything within easy reach without stretching or climbing on chairs/stools etc?			Stretching and reaching above head height can make you feel dizzy and there is a temptation to climb up on chairs to reach something. Things which are used regularly should be on the 'easy to reach shelves'.	
If steps have to be used are they secure with a handrail and system to keep the legs locked?			Never use a chair or a stool to stand on. Properly designed steps can be used in reasonable safety if you are fit enough. They must be designed with an effective handrail and with an easily applied lock for the legs. If possible ask someone else to help.	
Do you struggle to carry items from the kitchen to dining area?			You might benefit from a kitchen trolley. Trolleys are not usually recommended as a walking aid, they are to carry items from one place to another. If you are unsteady on your feet you will need an assessment to see if a trolley is safe for you to use.	

BEDROOM

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Do you feel safe getting in and out of bed?			Consider if your bedding / clothing is increasing the risk of slipping from the bed. Consider if your mattress is too soft and not providing support, or your bed is too high or too low.	
Is there a light that can be turned on and off from the bed?			Fit a pull cord for the main light within reach of the bed. A bedside lamp is an alternative though may be a fire hazard if it is permanently plugged in. A battery powered push light fitted next to the bed is a good solution.	
Is there a telephone next to your bed?			It is useful to have a telephone in your bedroom. Ensure your pendant alarm, if you have one, is within reach when you are in bed. DO NOT leave mobile phones charging overnight – Fire Risk.	

BATHROOM

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Is there a risk of falling on wet vinyl or tiled flooring?			Non-slip mats, a fitted carpet or carpet tiles should be used. Wet floor areas should be mopped as soon as possible.	
Can you access the bath and/or shower safely?			Non-slip rubberised mats are readily available. A grab rail may improve your safety / confidence. If you are unable to bathe safely, you may benefit from further assessment.	
Can you get on and off the toilet safely?			A grab rail may be helpful instead of using a radiator or any other bathroom fittings for support. A handy person would be able to install one. You can also get toilet frames to help, contact a mobility shop or the independant living centre (useful contacts) for more information.	

FIRE SAFETY

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Do you have working smoke alarms in the correct positions in your home? Are you aware of the fire risks within your home?			Consider a Fire Home Safety Check from the local Fire Brigade. Devon and Somerset Fire Brigade will visit your home, provide safety advice, make any recommendations and fit and test smoke alarms - see useful contacts.	

GARDEN AND GETTING IN AND OUT OF THE HOUSE



Remember to use your walking aid (if you use one) outdoors as well.

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Are paths clear of leaves and overgrown plants?			Keeping your garden tidy and free of obstacles will make it safer.	
Are your paving stones free of moss and algae?			Moss and algae can become slippery when wet; prune overhanging plants and branches to improve light and air circulation. You can buy products to remove algae or ask someone to remove it with a pressure washer.	
Do you have any uneven or broken paving slabs?			Ask someone to replace or straighten them up.	
Are your flower/vegetable beds at ground level (rather than in containers or raised beds)?			<p>Try not to spend too long in one position and take care when standing up from a bent over position.</p> <p>Try to alternate activities between seated ones and standing ones Consider container gardening or raised beds.</p>	
Do you have high step(s) to get in and out of the property?			You may benefit from an additional step and / or grab rails.	

SENSORY SUPPORT

	Yes	No	Tips to improve safety from falls	Actions taken to improve safety
Do you have adequate lighting in your home?			Ensure that you have the correct level of lighting in your home. If you need brighter lighting LED bulbs are brighter and cost less to use.	
Are the lighting levels in your home consistent?			It is safest to have similar lighting in a room. Add lighting to dark areas and you can hang lightweight curtains or shades to reduce glare.	
Is the path from your bed to the bathroom dark?			Put in a night light so that you can see where you are walking. Night lights are low energy lights which plug into a mains socket. A dusk to dawn light will switch on and off automatically.	
Do you have regular eye checks?			Have your eyes checked by an optician at least once a year and update your glasses. Opticians can visit you at home if you are unable to get out.	

USEFUL CONTACTS

Further information and support is available on steadyonyourfeet.org.

For general advice:

AGE UK

Contact number: 0800 678 1602

Tackling the issues of loneliness and isolation to improve wellbeing. We know that growing older doesn't come with a manual. That's why we provide free information and advice to help you on topics as diverse as claiming benefits to care homes.

Care Direct

Contact number: 0345 155 1007

They can provide advice and support working with adults in Devon for whom activities of daily living (because of illness, older age, or a disability) can be difficult. The aim is to help people to live as independently as possible, for as long as possible. They are able to support with getting a personal pendant alarm.

Independent Living Centre

Contact number: 01392 390181

Website: www.independentlivingcentre.org.uk

Advice and information about equipment solutions to stay safe, independent and active at home.

OneSmallStep

Contact number: 0800 298 2654 or 01392 908 139

A Devon County Council funded initiative that helps people lose weight, stop smoking, reduce alcohol intake and become more active.

Pinpoint Devon

Website: www.pinpointdevon.co.uk

Providing health and support information for living well and staying safe. They have a directory of community services and groups across Devon.

Devon and Somerset Fire Brigade

Contact number: 01392 872200

Website: www.dsfire.gov.uk

They can carry out Fire Home Safety Check. Advice on fire safety, making an escape plan, fire safety equipment and what to do in the event of a fire. They also provide fire safety advice for people with sight, vision or hearing difficulties. Advice for disabled people and carers.

For personal alarm pendant:

East Devon: Home Safeguard Alarm Services

Contact number: 0330 678 2381

Exeter: Home Call Alarms

Contact number: 01392 682349

Mid Devon: Lifeline Alarms

Contact number: 01884 255255

North Devon: Care Direct

Contact number: 0345 155 1007

For further assessment if you are struggling to manage around your home:

Community Rehabilitation Local Team Contact Numbers:

Axminster

01297 630435

Crediton

01363 777561

Exeter Central and East

01392 465666

Exeter South and West

01392 908616

Exmouth, Budleigh & Woodbury:

01395 282021

Okehampton

01837 658029

Seaton Rehab

01297 626740

Sidmouth

01395 519909

Tiverton

01884 235492

North Devon & Torridge

Please contact your GP for referral to the rehabilitation team.

If you are unsure which team to contact, please contact your GP surgery to be referred for an assessment.

For Keeping Active:

Active Devon

Website: <https://www.activedevon.org/>

They work together with communities and partners, to connect, advocate and enable people to move more.

Chartered Society of Physiotherapists

Six exercises for staying steady.

Website: www.csp.org.uk/publications/get-go-guide-supplement-six-exercises-staying-steady

Royal Osteoporosis Society

For information on osteoporosis and suitable exercises

Contact number: 0808 800 0035

Website: theros.org.uk

Other useful links:

RNIB

Website: <https://www.rnib.org.uk>

One of the UK's leading sight loss charities and the largest community of blind and partially sighted people. We recognise everyone's unique experience of sight loss and offer help and support for blind and partially sighted people – this can be anything from practical and emotional support, campaigning for more accessible transport, reading services and the products we offer in our online shop.

Action on Hearing Loss

Telephone: 0808 808 0123

Text: 0780 000 0360

British Deaf Association

Text/facetime: 07795 410 724

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www.steadyonyourfeet.org/devon