Even a minor fall can have major negative effects on your physical health as you age. With empowerline, you can take preventative steps to clear the path toward a safe home life. Use the checklist below to identify common fall hazards and then reach out to one of our counselors, or take one of our falls prevention classes to learn how we can help.

### Kitchen & dining room
- Use a grabber for hard to reach items
- Reorganize your kitchen to keep daily items within reach

### Bathroom
- Install grab bars and non-skid safety strips in the bathroom
- Install sensor lights to keep all areas well lit

### Living room
- Secure or remove area rugs
- Keep stairs and walkways well lit
- Make sure handrails are secure

### Bedroom
- Secure loose cords and wires
- Keep your walking aid nearby
- Wear shoes and clothes that fit well

Connect with in-home services to adapt your home.
Learn more at www.empowerline.org/your-home