

# SHARP Health Plan

## Home safety and fall prevention

# Preventive Care Checklist

We've developed this handy home safety checklist to ensure your home is as safe as can be. Some hazards may be obvious, and others not as much. Please note, the items listed here are not covered by Sharp Direct Advantage.

Bathroom	
Install grab bars on walls, near the toilet or along bathtub / shower	<input type="checkbox"/>
Place a slip-resistant rug next to bathtub / shower	<input type="checkbox"/>
Put a sturdy plastic shower chair in bathtub / shower	<input type="checkbox"/>
Set nonskid adhesive textured strips on floor of bathtub / shower	<input type="checkbox"/>
Mount a liquid soap dispenser on wall of bathtub / shower	<input type="checkbox"/>
Bedroom	
Remove clutter from the floor to avoid walking hazards	<input type="checkbox"/>
Keep a lamp, flashlight and telephone within reach of your bed	<input type="checkbox"/>
Place night lights on path from bedroom to bathroom	<input type="checkbox"/>
Buy a raised mattress to make it easier for you to get in and out of bed	<input type="checkbox"/>
Living Room	
Arrange furniture for a clear walking path	<input type="checkbox"/>
Remove low-level coffee tables / ottomans from paths used by walkers or crutches	<input type="checkbox"/>
Install illuminating light switches	<input type="checkbox"/>
Keep electrical appliance cords out of the way	<input type="checkbox"/>
Check for loose wood floorboards	<input type="checkbox"/>
Kitchen	
Store food, dishes and cooking equipment at waist level	<input type="checkbox"/>
Use nonskid floor wax to prevent slipping	<input type="checkbox"/>
Purchase a step stool with handrail to help you reach into higher cabinets	<input type="checkbox"/>

## Did you know?

1 in 4 older adults fall each year. Visit [sharpmedicareadvantage.com/fallprevention](https://sharpmedicareadvantage.com/fallprevention) for simple tips and tricks to prevent falls.