



Healthy Bites Episode 40 – Preventing falls: home safety

Hi, I'm Mitch from Central Coast Health.

As we get older, unfortunately our risk of falling increases. But falls are not a routine part of ageing, and while most falls happen in the home, we can make simple changes to our home environment that help reduce that risk.

Keeping your home tidy and clutter free, ensuring you have good lighting particularly around stairs, and investing in some night lights are all good places to start.

Completing a home safety checklist is a great way for you to identify potential hazards around your home, like rugs and mats that you might trip over. It could also help you identify places where a hand or grabrail could provide you with extra support in areas that are slippery like the bathroom, or uneven like stairs.

You can ask any health professional to help you find a home safety checklist, or if you're connected to the internet just search 'home safety checklist' to find one.

And remember, if you have had a fall or a near miss lately, please make sure you talk about it with your family, carer network or doctor. There may be underlying medical checks such as changes in your blood pressure, or certain medications that may be contributing to you feeling unsteady on your feet. Working with others on falls prevention can also help you put together a plan so that if you do fall, you have a strategy in place about what to do.

By making some simple changes around the home, we can greatly improve our chances of staying on our feet.