

Skil-Care™ Fall Prevention Discharge Checklist

Your Safety, Continued

Fall Prevention & Comfort Tools Used During Your Stay

Your care team used special safety products during your stay to help protect you from falls and keep you comfortable. These tools make everyday movements safer — whether getting out of bed, sitting in a chair, or walking to the bathroom. They're a small but important part of helping you recover safely and confidently.

Ask your provider whether to continue using similar supports at home.

- ☒ Bedside Fall Mat
- ☒ Hip Protectors
- ☒ Positioning Cushion or Wedge
- ☒ Non-Slip Footwear
- ☒ Chair Cushion or Alarm
- ☒ Bed Alarm or Sensor Pad
- ☒ Safety Signage or Visual Reminders

If recommended, these and other Skil-Care™ products are available from approved medical suppliers or online retailers.

Key Considerations:

Below you will find several specific recommendations, organized by each room in your house, to investigate as part of a comprehensive prevention plan to keep your loved one safe.

In addition, here are some additional suggestions of technology aids that could be incredibly valuable in the event of a fall.

- ☒ Amazon Alexa - Purchase and install a device in each room (\$29 on Amazon) – this allows your loved one to use their voice to activate a phone call to 911 or to a relative in the event of a fall.
- ☒ Life Alert or similar wearable device – Allows quick access to professional assistance in the event of immobilization.

Home Fall Prevention Checklist

General Home Safety

- ☒ Keep walkways free of clutter, cords, and loose rugs.
 - ☒ Ensure every area—especially stairs and hallways—is well lit.
 - ☒ Install night-lights in bedrooms, bathrooms, and hallways.
 - ☒ Keep a phone and emergency contacts within easy reach.
 - ☒ Confirm smoke and carbon-monoxide detectors work and are tested monthly.
 - ☒ Set your water heater to 120–125°F to prevent burns.
 - ☒ Keep pets' toys and beds out of walkways.
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Bathroom

- ☒ Place non-slip mats inside and outside the shower or tub.
 - ☒ Install grab bars near the toilet and in the shower or tub—towel racks are not safe supports.
 - ☒ Use a shower seat if you tire easily or feel dizzy.
 - ☒ Wipe up any water immediately.
 - ☒ Use a raised toilet seat or handrails if needed.
 - ☒ Keep soap, towels, and shampoo within easy reach.
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Bedroom

- ☒ Keep a lamp, glasses, and phone within arm's reach of the bed.
 - ☒ Use night-lights to illuminate your path to the bathroom.
 - ☒ Remove cords, clutter, and rugs between bed and bathroom.
 - ☒ Consider a portable commode if you get up often at night.
 - ☒ Keep mobility aids (walker, cane) beside the bed.
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Living Areas

- ☒ Arrange furniture to create wide, clear walkways.
- ☒ Remove or secure throw rugs and curled carpet edges.
- ☒ Keep cords and wires off the floor.
- ☒ Choose sturdy chairs with arms for easy sitting and standing.
- ☒ Keep essential items at waist level to avoid bending or stretching.
- ☒ If alone often, wear a personal alert device or keep your phone on a lanyard.

Kitchen

- ☒ Store frequently used items in easy-to-reach cabinets.
 - ☒ Clean spills immediately.
 - ☒ Use a sturdy step stool with a grab handle—never a chair.
 - ☒ Keep cooking areas uncluttered and well lit.
 - ☒ Use a timer as a reminder to turn off burners or the oven.
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Stairs & Entryways

- ☒ Install secure handrails on both sides of every stairway.
 - ☒ Fix loose steps, torn carpet, or uneven flooring.
 - ☒ Apply non-slip treads to wooden stairs.
 - ☒ Keep steps and entryways well lit and clear of clutter.
 - ☒ In winter, remove ice, snow, or wet leaves promptly.
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Stay Healthy & Strong

- ☒ Review medications with your doctor or pharmacist—some may cause dizziness or drowsiness.
 - ☒ Schedule annual eye exams and update prescriptions.
 - ☒ Ask your provider about balance or strength-building exercises.
 - ☒ Stay hydrated and eat regularly to prevent light-headedness.
 - ☒ Wear supportive, non-slip shoes or slippers.
 - ☒ Get up slowly from sitting or lying positions to prevent dizziness.
 - ☒ Consider a fall-alert or medical-alert device if you live alone.
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Provider Notes

Continue fall-prevention products at home: ☒ Yes ☒ No

Additional recommendations:

Provider Signature: _____ Date: _____