REP PHYSIO

Senior Fall Prevention Checklist

Home Safety

☐Remove loose rugs and secure carpets as necessary

☐Ensure clear walking paths (no cords, snow, debris, or clutter)

☐Install grab bars in high-risk areas (bathrooms, shower etc.)

☐Use non-slip mats in the shower/tub

☐Ensure adequate lighting in hallways and staircases Ensure railings are properly secured

☐Organize a wellness check plan with neighbours and family

Footwear & Mobility

☐Wear supportive, well-fitting shoes indoors and outdoors.

☐Avoid walking in socks on smooth floors.

☐Use your prescribed mobility aid consistently

☐ Have your mobility aid properly sized

Strength & Balance

☐ Perform balance exercises on a regular basis

☐ Complete lower body strengthening exercises regularly

☐Stay active with walking or supervised exercise classes (Tai Chi, chair yoga etc.)

☐Work on grip strength to make grasping objects easier

Health Management

☐Review your medications regularly with your doctor or pharmacist

☐Have your vision checked annually

☐Rise slowly from sitting or lying positions

☐Stay hydrated and eat regular balanced meals

To book a seniors' fall risk assessment, contact us at riverbend@repphysio.ca or call 780 757 7377