

How To Prevent Falls: A Home Safety Checklist

Falls can cause serious injury. Fortunately, most falls can be prevented. Use this checklist to find and fix fall hazards in your home.

If Yes, How To Fix			Who Will Fix the Hazard (Such as a Family Member or Neighbor)
Bedroom	No	Yes	
Is it hard to reach a light from your bed?	☐	☐	• Place a lamp or flashlight close to the bed. 
Is the path from your bed to the bathroom dark or cluttered?	☐	☐	• Use a night light or glow-in-the-dark tape to create a well-lit path. • Keep the path clear of objects you could trip on. 
Bathroom	No	Yes	
Is the tub or shower slippery?	☐	☐	• Place a nonslip mat or self-stick strips in the bathtub or on the shower floor. 
Do you need support taking a bath, showering or using the toilet?	☐	☐	• Install grab bars next to the tub and toilet. • Use a shower chair, bath bench or raised toilet seat. 
Kitchen and Storage	No	Yes	
Do you struggle to reach items you use often?	☐	☐	• Keep items you use often in an easy-to-reach place. • If you must store something out of reach, use a step stool with a support bar. Never stand on a chair. 
Floors	No	Yes	
Are there throw rugs, objects you might trip over or uneven flooring?	☐	☐	• Get rid of throw rugs or secure them with double-sided tape. • Coil or tape electrical cords next to the wall. • Clear objects from the floor (such as papers, books and shoes). • Fix uneven floors and replace missing tiles. 
Is the floor slippery?	☐	☐	• Clean up spills right away. • Avoid waxing your floors. 

If Yes, How To Fix			Who Will Fix the Hazard (Such as a Family Member or Neighbor)
Stairs (If Any)	No	Yes	
Are there trip hazards on the stairs?	☐	☐ - Clear objects from the stairs. - Secure any loose sections of carpet on the stairs. - Fix loose handrails.	
Are the stairs hard to see?	☐	☐ - Install or replace lighting in stairwells. - Place glow-in-the-dark tape on the edge of each step.	
Pets (If Any)	No	Yes	
Are there pets in the home?	☐	☐ - Watch out for pets when you walk, especially at night. - Keep dog beds, litter boxes and other pet items out of the way.	  

Free or Low-cost Home Maintenance and Repair Programs

311 Portal: Home Repair Assistance for Seniors

Connects older New Yorkers to Met Council and the New York Foundation for Senior Citizens for repair services
Call 311 or visit nyc.gov/311 and search for home repairs.

Met Council’s Senior Repair

For older adult renters, homeowners or qualified condominium or co-op owners
Call 212-453-9542, email help@metcouncil.org or visit metcouncil.org/contact.

New York Foundation for Senior Citizens

For older adult homeowners or qualified condominium or co-op owners
Call 212-962-7655 or visit nyfsc.org/support-services/repair-safety-services.

Center for NYC Neighborhoods Homeowner Hub

Contact center for locating NYC programs to assist older adult homeowners with repairs and retrofitting their home
Call 646-786-0888 or visit cnycn.org/get-help.

The Parodneck Foundation’s Senior Citizen Homeowner Assistance Program (SCHAP)

No- or low-interest loans and technical assistance for qualified older adult citizen homeowners
Call 212-431-9700 (extension 300) or visit parodneckfoundation.org/schap.

Rebuilding Together NYC’s Housing Preservation Program

No-cost home modifications for low-income older New Yorkers with mobility issues and other disabilities
Call 718-488-8840 or visit rebuildnyc.org/programs/housing-preservation.

NYCHA

Customer Contact Center for residents of NYCHA housing
Call 718-707-7771 or visit on.nyc.gov/CCC.

NYC Mayor’s Office for People with Disabilities

Housing programs and resources for people with disabilities
Call 311 or visit nyc.gov/mopd and search for housing.

Some insurance programs reimburse for adaptive home safety equipment (such as shower chairs, raised toilet seats and grab bars).
Talk to your health care provider or health insurance provider to learn more.

For more information, visit nyc.gov/health/preventfalls.