**HOME PREPARATION CHECKLIST**

*We want to make sure that your home is ready for your recovery! Falls often happen because of hazards that are easy to overlook, but also easy to fix. Use this checklist before your surgery, so that when you return home, you will remain safe from falls.*

**FLOORS**: Look at the floor in each room.

*When you walk through a room, do you have to walk around furniture?*

[ ] Move the furniture so that your path is clear.

*Do you have rugs on the floor?*

[ ] Remove the rugs, use double-sided tape or non-slip backing so the rugs won't slip.

*Are there papers, books, magazines, boxes, blankets, or other objects on the floor?*

**[ ] Pick up items and put them away, or place them at a comfortable height if used frequently.

*Do you have to walk over or around wires or cords
 (like lamps, telephones, or extension cords)?*

[ ] Coil or tape cords and wires next to the wall.
If needed, have an electrician install another outlet.

**STAIRS AND STEPS**: Look at the stairs you use both inside and outside of your home.

*Are there papers, shoes, books, or other objects on the stairs?*

[ ] Pick up the things that are on the stairs. Always keep the stairs clear of any items.

*Are some steps uneven or broken?*

[ ] Fix any loose or broken steps.

*Is there carpet on the stairs? Is it loose or torn?*

[ ] Make sure that the carpet is attached at every step. Remove the carpet if needed and replace with non-skid rubber treads on the stairs.

*Are there handrails on the stairs? Are they broken or loose?*

[ ] Fix any loose or broken handrails. Install new ones if needed. Make sure handrails are on both sides of the stairs and are as long as the stairs.

**KITCHEN:** Look at your kitchen and eating area.

*Are the things you use often on high or low shelves?*

[ ] Have someone help you move everything you
will be needing at waist level, and easy to reach.

**BATHROOMS**: Look at all of your bathrooms

*Is the tub or shower floor slippery?*

[ ] Put a non-slip runner mat or self-stick strips on the floor of the tub or shower.

*Do you need some support when you get in and out of the tub or up from the toilet?*

[ ] You can have someone install grab bars inside the tub and/or next to the toilet.

*Is the toilet seat high enough?*

[ ] If required, you will receive a commode or raised toilet seat before leaving the hospital.

**BEDROOMS**: Look at your bedrooms.

*Is the light near the bed hard to reach?*

[ ] Place a lamp closer to the bed so it is easier to reach.

*Is the path from your bed to the bathroom dark?*

[ ] Put in a night-light so you can see where you are walking - especially at night.

*Are there any objects on the floor in the walking pathway?*

[ ] Pick up any items that are on the floor and place at a height that is easy to reach.

*Are your clothes easy to reach in the closet and/or dresser?*

[ ] Arrange clothes so that they are easy to reach.

**PETS:** please arrange for someone to help care for your pets while you are in the hospital as well as when you return home.

* You will not be able to walk them.
* You will not be able to bend to feed them.
* Do not let your pet get under your feet - they will trip you
* Do not let your pet jump up on you – this can knock you over

*To reduce risk of infection:*

* Avoid letting your pet sit on your lap
	+ Many pets shed, and their dander can irritate your wound
* Do not let your pet near your wound
	+ Pets lick their wounds
	+ They may attempt to do the same to yours

**Other things you can do to prevent falls:**

* Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
* Get up slowly after you sit or lie down.
* Make sure your feet reach the floor before trying to stand.
* When sitting down, make sure that you can feel the armrests/back of the chair before you sit.
* Prepare meals before your surgery so that you do not have to cook while recovering.
* Keep items you frequently use where you can reach them.
* If you are using an assistive device (cane, walker, crutches) make sure it is the right size for your height and it works.
* Wear properly fitting shoes with rubber soles or non-slip socks

*Information in this checklist has been provided by the Centers for Disease Control and Prevention and can be found at www.cdc.gov/injury.*