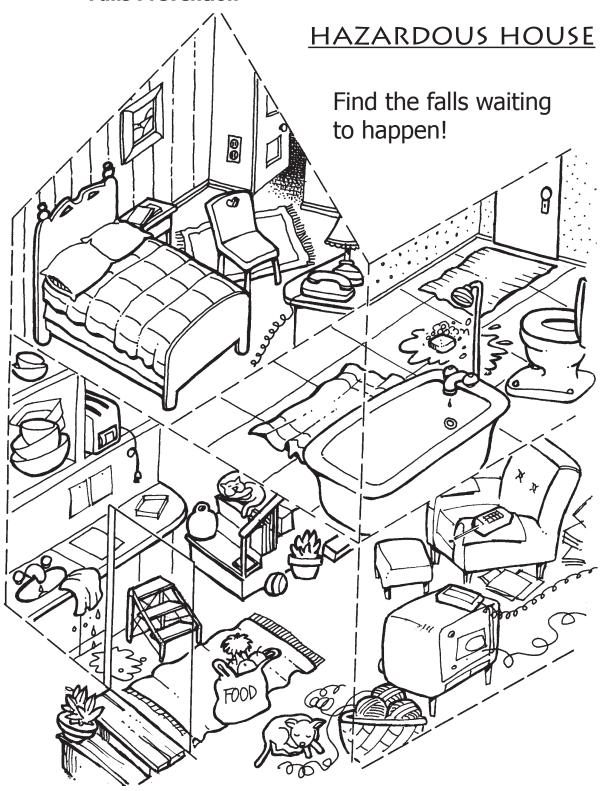


# Ageing Well Together Falls Prevention





COMMUNITY LINKS
Ph: 902-422-0914 Toll free: 1-855-253-9355
info@AgeingWellTogether.ca

NOVA SCOTIA

Department of Health
and Wellness



# Ageing Well Together Falls Prevention

## Exterior Steps:

- Flower pot
- Steps in poor repair
- No handrail

#### Living room:

- Loose area rug
- Grocery bag on the floor
- Sleeping dog in the pathway
- Clutter on the floor dog's ball, flower pot, pile of books
- Yarn trailing from basket
- Trailing phone and TV cords

#### Kitchen:

- Unsafe step stool (needs hand rail)
- Frequently used utensils stored on high shelves
- Dish cloth dripping onto floor

#### Interior stairs:

- Sleeping cat
- Books and other clutter on steps

#### Bedroom:

- Phone and lamp can't be reached from the bed
- Trailing phone cord
- No night light in visible outlet
- Chair blocking the path to the doorway

#### Hall:

• Hall is dark and has no night light

#### Bathroom:

- Soap and water on floor
- No grab bars on or around tub
- No supports around toilet

# HAZARDOUS HOUSE

ANSWER KEY



### Ideas for use:

- Find a partner or group of 3-4 people
- Work together to find and circle as many hazards as possible in 2 minutes



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