

Prevent Falls with Home Modifications

People
65+

1 in 3
will fall



44%

will restrict their activities because of fear of falling

Occupational therapists (OTs) can help.

OTs provide assessments of you and your home to identify risk of falls and will make suggestions to adapt your environment to keep you safe and active.

Home modification interventions delivered by OTs can reduce falls by

41%

- Max safety and function
- Conserve energy
- Make chores easier
- Reduce caregiver stress

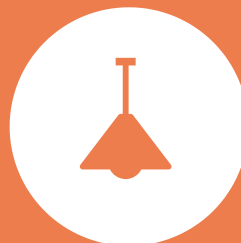
OTs can...



Ensure furniture is at the right height for transfers



Advise on bathroom design, floors & surfaces and grab bars



Advise on lighting for those with vision loss



Evaluate furniture placement



Look at structural factors like doorways