* **This checklist has been designed for you to identify any slips, trips or falls hazards within the home environment; reducing the risks that can contribute to you falling within your own home.**
* **The form may be filled in by yourself, a carer, relative, friend or ask your health care professional to fill it in with you.**
* **The form has been devised in to answering yes or no answers; there are some tips on how to improve safety at home and an action box that you can complete to highlight any actions you have taken to make your home safer; reducing the risks of falls.**

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|  |  | **Yes**  | **No**  | **Tips to improve safety from falls** | **Ideas to improve safety** |
|  | **General**  |  |  |  |  |
| 1 | Have you got non-slip shoes or non-slip slippers to walk within the home? |  |  | Ensure you have nonslip shoes or slippers to reduce slips, trips and falls when walking within your home environment |  |
| 2 | Are there papers, magazines, books, shoes, boxes, blankets, towels, or objects on the floor? |  |  | Pick up objects that are on the floor and keep them off. A helping hand may reduce stooping / overreaching.  |  |
| 3 | Do you have to walk over or around cords and wires from lamps, extension cords or telephone cords? |  |  | Coil or tape cords and wires next to the wall to ensure you cannot trip over them. If possible, have an electrician put in another socket. Consider a fire home safety check from the local fire brigade who can provide advice and supply / fit smoke alarms if required.  |  |
| 4 | Do you have a letter box cage to avoid stooping to pick up letters? |  |  | These are quite easy to fit and apart from saving you from stooping; they will also stop letters / papers / leaflets from being spread across the floor just across the doorway; which could be hazardous.  |  |
| 5 | Do you have casters under chairs which makes them likely to slide as you get up? |  |  | Casters can cause a problem if they slide back just as you are getting up, they make furniture easy to move however they can be hazardous. Either remove casters or fit cup shaped carpet savers underneath.  |  |
| 6 | Do you have loose rugs or runners on the floor? |  |  | Remove the rugs & runners or use double sided adhesive to ensure rugs are fixed to floor.  |  |
|  |  | **Yes**  | **No**  | **Tips to improve safety from falls** | **Ideas to improve safety** |
| 7 | If you have a fall, what system do you have for calling for assistance? |  |  | Have you got a personal alarm system? This is a good way of being able to call for assistance should you fall at home. A personal alarm is worn on the wrist or a pendant that has a button on that can be pressed to alert key holders and emergency services. Think about the positioning of a telephone that can be reached from floor level. Keep a mobile phone in the pocket of your clothing you are wearing, to alert others should you fall.  |  |
| 8 | Are you using your mobility equipment safely? |  |  | If you feel you require further support when using your equipment, or you feel you may require an equipment review, please call your GP practice, to access further referral and support.  |  |
| 9 | Have you got pets in your home? Dogs and cats can be a potential trip hazard.  |  |  | Ensure you are aware of your home environment and where your animal or their toys are situated within your home. Dogs who jump up can also cause a person to lose their balance. If you have a dog presenting with this behaviour, please consider obedience training. The use of a collar bell is also helpful, as it gives an owner the ability to hear the pet and thus alerts them to their presence and can reduce the risk of falls.  |  |
| 10 | Is your bed the right height? Do your feet reach the floor when seated on the edge of the bed? |  |  | If you have difficulty getting in and out of bed, a bed lever may facilitate safer bed transfers. Some assistive equipment may facilitate you getting up safely.  |  |
| 11 | Have you got a light that you can reach when in bed? |  |  | Ask a Carer or family member to re-position lamp or light in close proximity to bed. If you have pull cords, ensure they are near to the bed so you can pull safely without overreaching.  |  |
|  |  | **Yes**  | **No**  | **Tips to improve safety from falls** | **Ideas to improve safety** |
| 12 | Is there a telephone next to your bed? |  |  | It is useful to have a telephone in close proximity to your bed and also ensure your falls alarm is kept close to your bed and in reach when you are in bed.  |  |
|  | **Stairs**  |  |  |  |  |
| 13 | Are your staircases and landing well lit? |  |  | A 100-watt bulb is recommended for keeping your stair area well lit, use if capable. 20-watt low energy bulb can be left on permanently if required.  |  |
| 14 | Is there at least one handrail on your stairs? Two are preferable. |  |  | Is there at least one handrail on your stairs? Wirral Social services home adaptations team can support you with providing handrails within your home.  |  |
| 15 | Are the edges of the steps easy to see? |  |  | A strip of white masking tape will help those who have eyesight difficulties; it will highlight the edge of the step. Ensure it is kept in good condition and not a trip hazard.  |  |
| 16 | Is there a two-way light switch that you can turn off upstairs and downstairs? |  |  | Have an electrician fit a two-way light switch.  |  |
| 17 | Are the carpets in good condition? |  |  | Worn carpets are a major trip hazard and cause of falls. If carpet is in poor condition this should be replaced. |  |
| 18 | Is there a risk of slipping on wet vinyl, wet laminate, or wet tiles? |  |  | Nonslip mats fitted carpet or carpet tiles should be used to reduce slips and falls. Should the floor become wet, dry the floor as soon as possible. |  |
| 19  | Is there a nonslip mat and grab rail in the bathroom shower or bath.  |  |  | Nonslip mats are easily available. Social Services Wirral Home Adaptations Team can assess and may provide fitted grab rails around the home.  |  |
|  | **Kitchen** |  |  |  |  |
| 20 | Is there a risk of slipping and falling on wet areas in the kitchen near the sink or washing machine? |  |  | Check the condition of the floor and consider a piece of non- slip matting. Mop up spillages or wet areas in the kitchen as soon as possible.  |  |
|  |  | **Yes**  | **No**  | **Tips to improve safety from falls** | **Ideas to improve safety** |
| 21 | Is everything in reach without overstretching into cupboards or using stools or chairs to climb on to reach? |  |  | Ensure things you use regular are lower down in cupboards or shelves and in easy to reach places. Reaching above head height can make you feel dizzy and can cause you to use chairs and stools to climb upon.  |  |
| 22 | Do you require steps to reach higher placed items? If you are using a small step ladder, make sure there is a secure handrail system and keep the ladder legs securely locked when in use. |  |  | Never use a chair or stool to climb on and only use appropriate steps with handrail if you are fit and able enough to use. Ensure steps have legs locked and a handrail to support; if possible, ask someone else to help.  |  |

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| **Useful telephone numbers** |  |  |  |
| Adult social services Wirral- central advice and duty team | 0151 606 2006  | Life connect 24 (personal alarm service) | 0800 0308999 |
| Ageco-Age UK (products and services for older people) | 0800 023 4327 | Magenta handy person (for all households) | 0808 100 9596 |
| Age UK handy person service | 0151 482 3456 | Merseylink dial a ride service | 0151 332 4333 |
| Age UK Wirral services | 0151 482 3456 | Merseyside fire and rescue- fire safety checks | 0800 731 5958 |
| Alcohol support- Wirral ways | 0151 556 1335 | Merseyside society for deaf people | 0151 649 8194 |
| Attendance allowance helpline | 0800 731 0122 | One Stop Shop | 0151 606 2006 |
| Careline (personal alarm service) | 0808 304 4818 | POPIN service | 0151 514 2600  |
| Citizen's advice- Wirral  | 0808 2787848 | Property pool plus (housing to rent) | 0151 691 8040 |
| Community equipment service- Medequip | 0151 203 0404 | RNIB- Wirral Ashville Lodge | 0151 652 8877 |
| Hearing aid repair clinics  | 0151 604 7113 | Rehabilitation at home Service | 0151 514 2444 |
| Helplink community support (transport, befriending) | 0151 648 3322 | SSAFA- Armed forces charity Wirral branch | 0151 482 1331 |
| Housing adaptations- minor adaptations | 0151 691 8010 | Wheelchair Service | 0151 614 7261 |
| Housing adaptations- major adaptations and DFG grants | 0151 691 8090 | WIRED- carers health and wellbeing service | 0151 670 0777 |