

## Assessing Your Risks at Home

### In the Bathroom

Do you need some support when you get in and out of the tub or up from the toilet?  Yes  No

Is the tub or shower floor slippery?  Yes  No

Are there loose rugs on the floor?  Yes  No

Is the bathroom well lit?  Yes  No

Does showering or other personal care cause you to get tired?  Yes  No

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### In the Bedroom

Is the path from your bed to the bathroom dark?  Yes  No

Is there a light near the bed?  Yes  No

Is there a clean path around the bed and other walkways?  Yes  No

Are there loose rugs on the floor?  Yes  No

Are there dresser drawers or closet doors that open into the room?  Yes  No

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### In the Kitchen

Are things you use often on high shelves?  Yes  No

Is your stools unsteady?  Yes  No

Are your cabinets cluttered and difficult to get to things?  Yes  No

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# FREE FROM FALLS

A COMPREHENSIVE FALL PREVENTION PROGRAM FOR PEOPLE WITH MS

## On Stairways

- Are there handrails on the stairs?  Yes  No
- Are some steps broken or uneven?  Yes  No
- Is there adequate lighting at the top and bottom of your stairway?  Yes  No
- Do you have light switches in both places?  Yes  No
- Is the carpet on the steps loose or torn?  Yes  No
- Are there papers, shoes, books, or other objects on the stairs?  Yes  No
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## In Other Living Areas

- Can you turn on a light without having to enter into a dark room?  Yes  No
- When you walk through a room, do you have to move around furniture?  Yes  No
- Do you have throw rugs on the floor?  Yes  No
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?  Yes  No
- Do you have to move over or around wires or cords (like lamp, telephone, or extension cords)?  Yes  No
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