

# FREE FROM FALLS

A COMPREHENSIVE FALL PREVENTION PROGRAM FOR PEOPLE WITH MS

## Snapshot of Your Home

We want to help you maximize efficiency and safety in your home and work environment. In order to begin the process, it is helpful to have a clear “picture” of the layout of your home.

### Time for a Photo Session

You will be given a camera (or asked to use your own digital camera) to take photos of your home environment. The checklist below describes the pictures you should capture during your own personal photo shoot! Not all of the items on the checklist apply to everyone. Just take photos of those categories that apply to you.

During Week 5, we’ll take a closer look at your snapshots, use them to identify potential fall hazards, and discuss strategies to fall-proof your home.

#### Kitchen

- Kitchen sink
- Stove
- Refrigerator
- Cupboards (wide angle)
- Cupboards (open doors)
- Floor (wide angle)
- Kitchen table or work area

#### Living Room

- Floor (wide angle)
- Couch
- Favorite chair
- Windows

#### Bathroom

- Floor
- Toilet
- Sink/cabinet
- Bath
- Shower

#### Laundry Area

- Pathway to laundry
- Washer/dryer

#### Outside

- Entry/doorway
- Stairs (if applicable) leading to doorway

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Please list any notes you made or additional concerns you had while photographing your home environment:

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