

Home Safety Assessment

We are mindful of your safety even after you are discharged from the hospital. The fact is that the majority of falls happen at home. The good news is that most falls can be prevented through environmental changes and safety precautions.

In order to decrease your risk of falling after your total joint surgery, we recommend that you ask your spouse, a family member or a neighbor to survey your home to answer the questions below.

General household areas:

Y N Are light switches easily accessible upon entering a room?

Y N Are all throw rugs removable?

Y N Are hallways free of clutter?

Y N Are raised door thresholds clearly marked?

Y N Are electrical cords and telephone cords away from hallways?

Y N Is there a portable phone with programmed emergency numbers easily at hand?

Y N Does furniture have good back and arm support so that the patient can get in and out easily?

Bathroom:

Y N Are there safety rails or grab bars?

Y N Are there skid-resistant strips or a rubber mat both in and in front of the bathtub?

Bedroom:

Y N Is there a lit pathway from the bedroom to the bathroom?

Y N Is there a clear pathway from the bedroom to the bathroom?

Y N Is there a charged flashlight near the bed for emergencies?

Stairways:

Y N Are stair treads in good condition?

Y N Is there a sturdy handrail on both sides of the stairs?

Y N Are the stairs brightly lit?

Kitchen:

Y N Is there a wide based, sturdy step to reach into high cabinets?

Y N Are spills immediately wiped up?

Y N Is the use of high-gloss floor wax avoided?

Y **N** Are frequently used items stored at waist level and less frequently used items in higher cabinets?

If the answer is no to any of these questions, we recommend that you have the problem corrected immediately for your own safety. Correcting these potential hazards will decrease your risk of a fall. You should have a safety network of friends, family or neighbors to provide daily check-ins, either by phone or in-person.