



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Toilet proximity to bedroom

It can be easy to trip or stumble when walking to the bathroom at night. Navigating halls, doorways or steps is made tricky by the dark and getting to/from outdoor toilets can be particularly hazardous.

Keeping hallways clear of clutter and providing nightlights along the route to the toilet may reduce the risk of falling.

Solutions

- Install **nightlights** to illuminate the way to the toilet, ensuring that **steps** and **doorways** are especially well-lit.
- If needed, a **commode** in the bedroom may be used at night to avoid the need to walk to the toilet.

People who can help

Occupational Therapist: Advise on mobility & provision of assistive devices that may be helpful.

Physiotherapist: Advise on exercises to improve mobility.

Family & Volunteers: Assist with providing nightlights.

For a free fall risk assessment and tips on preventing falls:

www.stopfallsathome.com.au