



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Carrying meals from the kitchen to dining area

Does your kitchen provide a large enough space for you to sit down and eat meals? If space in the kitchen is limited, you may have to carry your meals into another room to sit and eat. As you get older, carrying a cup of liquid or a plate of food when walking may cause difficulties with balance, as your concentration is divided. This increases your risk of falling.

Solutions

- If possible, **eat meals in the kitchen** to avoid the need to carry food items. A breakfast bar may be an alternative if there is sufficient space.
- Use a **trolley** to transport meals and drinks to the dining area.

People who can help

Occupational Therapist: Advise on kitchen design and can provide assistive devices that may be helpful.

Physiotherapist: Advise on exercise to improve mobility and balance.

Family & volunteers: Assist with adaptations to the kitchen or re-organising where meals are consumed.

For a free fall risk assessment and tips on preventing falls:
www.stopfallsathome.com.au