



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Using steps & stairs

Joint problems, pain, breathlessness and reduced strength are all common features of getting older and they can all make it difficult when climbing stairs. Grab rails are one way you can make stairs safer to use.

Solutions

- Fit a **sturdy grab rail** for the whole length of the steps - even if there are only a few steps.
- If possible, fit rails on **both sides** of the steps.
- **Rest** when needed while climbing or descending the stairs.
- **Plan ahead** to reduce the number of times you need to use the stairs.
- **Avoid carrying things** when using the stairs. Use a backpack or shoulder bag to keep your hands free.
- If needed, **place a walking aid at the top and bottom** of the stairs.
- Consider a **stair lift** if using the stairs is an ongoing issue.
- Ensure there is **adequate lighting** on the stairs.

People who can help

Occupational Therapist:	Advise on design of rails and provision of any assistive devices that may be helpful.
Physiotherapist:	Provide exercise programs to improve endurance.
Handyman/builder:	Fit grab rails and/or reconfigure steps.
Family & volunteers:	Locate a suitable tradesperson and/or fit rails.

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