



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Outdoor paths

Weeds, moss and wear and tear can make outdoor paths slippery, uneven and difficult to walk on. It's important to regularly maintain pathways so that you have safe, clear access to your washing line, garage and front gate.

Solutions

- **Fix uneven pavers** on pathways/driveways.
- **Clear away fallen leaves**, branches and garden tools from paths.
- Cut back **overhanging shrubs** and trees where necessary.
- Treat paths with **weedkiller** to prevent re-growth of unwanted plants.
- **Remove moss**, fungi and lichen to make pathways less slippery.
- Apply **non-slip products** e.g. paint with sand or glaze-removing product.
- **Shelter pathways** from rain if possible & walk **slowly when wet**.
- **Tell the council** about uneven footpaths on your street.
- Store your garden hose in a **hose reel** so that it doesn't trip you up.

People who can help

Occupational therapist:

Offer advice and recommend adaptations.

Gardener:

Maintain garden.

Handyman:

Make minor changes to outdoor areas.

Family & volunteers:

Locate tradespersons and help maintain garden.

Hardware store:

Supply gardening tools and equipment.

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

www.stopfallsathome.com.au