



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Lighting

Changes to vision as part of the ageing process can affect your balance. Having adequate lighting in the home is essential to prevent falls as you walk around.

To give you a guide, each room in your home should have a total of 75 watts of incandescent globes/bulbs or fluorescent lighting. Halogen lighting may also be adequate depending on how long it takes to brighten fully. You may require task lighting, such as reading lamps, for specific activities that need attention to detail.

Watch out for glare from excess light or sunlight coming in through windows, as this can make it more difficult for you to find your way.

Solutions

- Always have **spare light bulbs** (globes) on hand for emergencies.
- Install **extra light fittings** where there is inadequate lighting e.g. stairwells.
- Use **nightlights** between the bedroom and the toilet.
- Keep **curtains open during the day** to allow sufficient light into the room.

People who can help

Occupational therapist: Provide home assessments and can recommend changes if you have difficulties with your vision.

Family & volunteers: Change bulbs/globes & purchase new light fittings.

Electrician: Assist with installing extra light fittings and switches.

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