



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Outdoor lighting

The darkness of night makes it hard to see obstacles which may trip you up. Being outdoors in the dark can be tricky, but may be required for taking out the rubbish, watering the garden or after a meal with friends.

Outdoor lights help you to see clearly and stay steady on your feet at night. Automatic sensor lights are good as they activate as you approach the door.

Solutions

- Install **outdoor lighting** over doors, next to paths and in commonly used areas e.g. near garbage bins and washing lines.
- Both the **front** and **rear** access to the home should be fitted with lighting.
- Consider using **sensor lights** that turn on automatically when you come or go from the house.
- **Solar-powered lights** are good for hard-to-reach corners of the garden.

People who can help

Occupational Therapist: Advise on needs for overcoming any visual difficulties at home.

Volunteers: Changing light bulbs and globes.

Electrician: Assist with fitting additional light fittings and switches.

Family: Assist with selecting and purchasing light fittings.

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