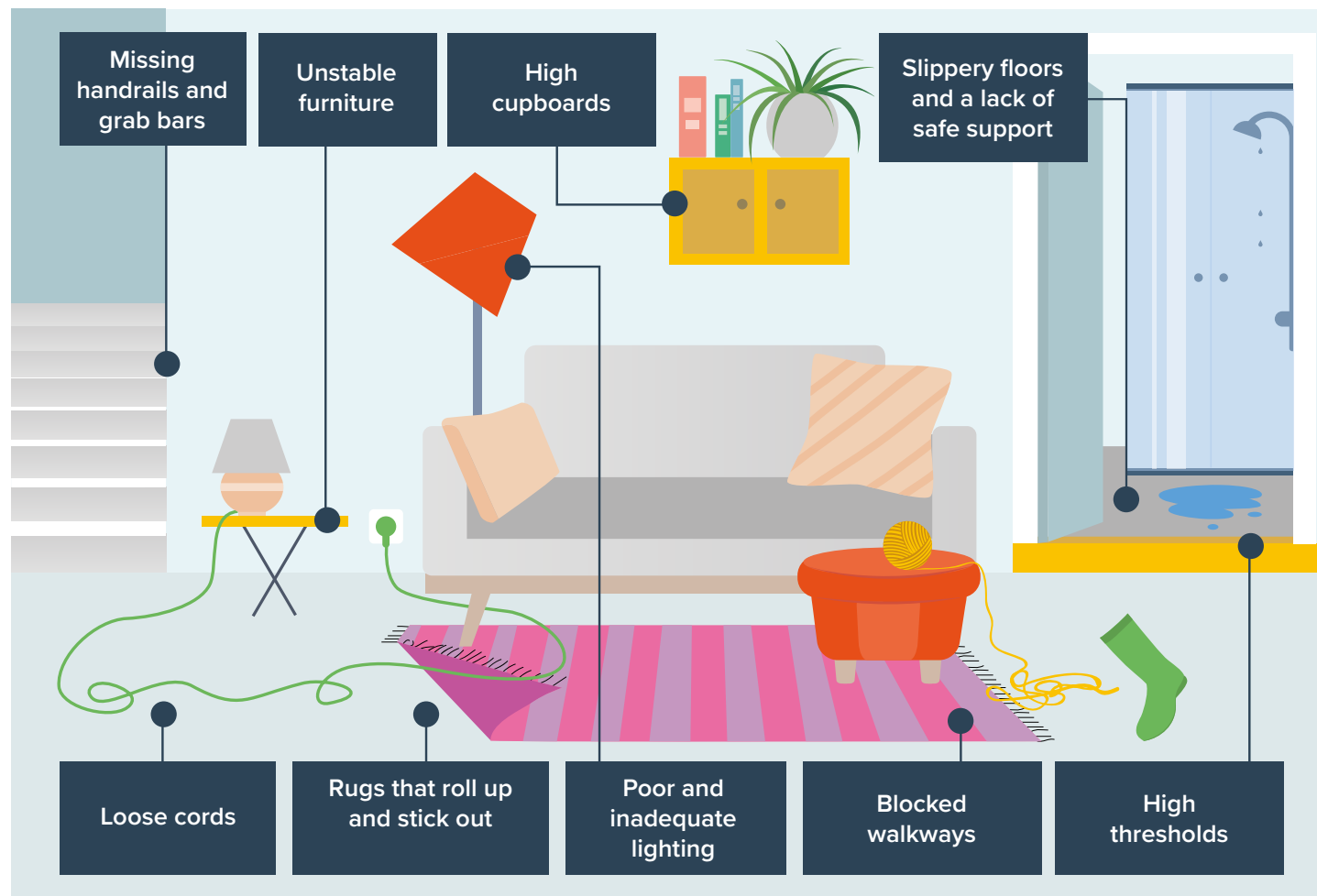


Reduce risks at home

Focusing on home safety is important to ensure that everyday life is smooth and safe. Pay attention to places that may be a risk in your home or in the home of someone close to you. Making the necessary changes can reduce your risk of falling. Moving around at home is also safer when these risks have been eliminated.



Risks at home

The image is adapted from the KAAOS study (2014).

Tips for improving muscle strength and balance:

<https://ukkinstituutti.fi/aineistot/exercise-guide/>

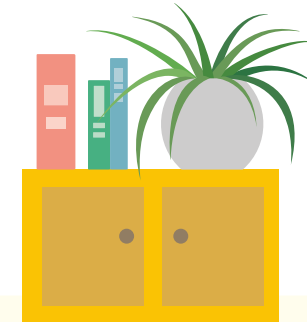


Read more about preventing falls:

<https://ukkinstituutti.fi/aineistot/10-ways-to-prevent-falls/>



Make your home safer



● Handrails and grab bars

Install support rails in the bathroom, entrance area, stairways and along long hallways.

● Sturdy furniture

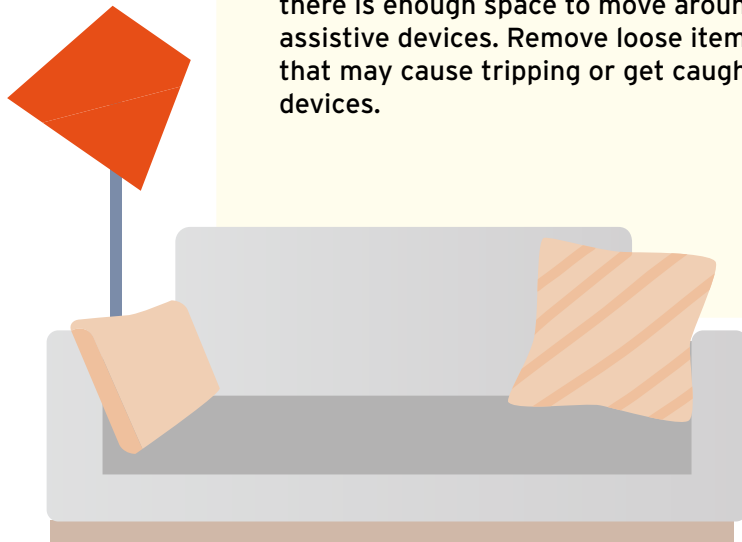
Make sure that furniture is at the right height and stays in place when you use it for support.

● Low thresholds

Favour low thresholds. If you cannot remove high thresholds, mark them with a visible colour.

● Clear walkways

Make sure that walkways are free of furniture and there is enough space to move around, also with assistive devices. Remove loose items and cords that may cause tripping or get caught in assistive devices.



● Items at a suitable height

Check the height of shelves, dishes and other items. Make sure that you do not need to stretch or climb on a stool to reach them. Adjust the height if needed.

● Dry floors

Use a non-slip mat. Dry floor surfaces immediately after showering or if they are wet.

● Safe rugs

Make sure that rugs do not slip and that their edges do not pose a tripping risk. Use anti-slip underlays if needed.

● Good lighting

Make sure you have enough light, also at night. Avoid lights that cause glare.

● Assistive devices

Use an assistive device when needed. Make sure it is adjusted to suit you. Keep it close to you.

Good functional capacity and mobility support safety in everyday life

Daily life is easier when you have sufficient muscle strength, good balance and the ability to move around. When your home is safe, you can move with more confidence and manage everyday tasks independently.