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Fall Prevention Checklist for Seniors

Tick each item as you go. Start with the bathroom and the way to the toilet at night.

HEALTH CHECKS

- [ ] Eyes checked, and glasses are the right prescription
- [ ] Medicines reviewed with the doctor, especially any that cause drowsiness or unsteadiness
- [ ] Strength, balance and flexibility exercise at least 3 days a week, as the doctor advises
- [ ] The doctor has been told about any fall, even one without injury

FLOORS AND WALKWAYS

- [ ] Loose rugs removed, or given a non-slip backing
- [ ] Cords and wires coiled or taped along the wall
- [ ] Clutter and low furniture cleared from walking paths
- [ ] Loose or uneven steps fixed

BATHROOM AND TOILET

- [ ] Grab bars beside the toilet and in the shower
- [ ] Slip-resistant floor treatment or a non-slip mat
- [ ] A shower chair, so they can sit while washing
- [ ] A raised toilet seat or toilet frame if standing up is hard

LIGHTING

- [ ] Entrance, corridors and rooms are well lit
- [ ] A night light on the way from the bed to the toilet
- [ ] Light switches can be reached without walking in the dark

BEDROOM AND SEATING

- [ ] Bed and chairs are not too high or too low to stand up from
- [ ] A bed rail if they are unsteady getting out of bed
- [ ] A phone or call button within reach of the bed

GETTING AROUND

- [ ] Well-fitting shoes or non-slip slippers, not socks on tiles
- [ ] A walking aid, if the doctor or therapist recommends one
- [ ] A fall alert device if they are alone for part of the day

HELP WITH THE COST

- [ ] HDB EASE checked: grab bars and slip-resistant floors in HDB flats
- [ ] SMF checked: walking aids, shower chairs and commodes after an assessment
- [ ] Occupational therapy home assessment booked, if the doctor suggests one

If someone has just fallen and is hurt, cannot get up or seems confused, call 995. Do not lift them yourself.

Health, home and lighting items follow the Health Promotion Board's Preventing Falls at Home (HealthHub), read 7 November 2026. Subsidy rules change: check the latest on homewise.sg/subsidies. This checklist is general information, not medical advice. HomeWise is operated by Askinco Pte Ltd, Singapore.

Online version, with prices and subsidies: homewise.sg/blog/fall-prevention-checklist