

# Making your Home your Haven

## Practical ways to stay independent

Take a fresh look to see if your house is helping you to stay independent and active. Do you and your house still match each other?

Over 60% of slips, trips and falls happen in and around the home. Hazards are easy to overlook but can be easy to fix. Check for, and fix, home hazards regularly.

Occupational therapists can help identify hazards around the home and discuss options available to maximise your independence.

### What can I do inside my home?

- > Remove clutter including mats, rugs and trailing electrical cords, or have them well secured.
- > Make sure there is good lighting throughout the home (16 or 20 watt energy saving, 75 or 100 watt incandescent globes).
- > Consider modifications such as grab rails and equipment.
- > Store items within easy reach to reduce the need to bend down low or climb step ladders.
- > Pay attention to wet or slippery areas. Dry up spills and wet areas, or consider using non-slip surfaces like bath mats.



### What can I do outside my home?

- > Clearly mark the edges of steps and paths with coloured strips so that they can be seen day and night.
- > Keep paths clear and fix uneven paths. Councils can advise and assist with these tasks.
- > Contact your local council to advise them of problem areas in your local area.



## SA Falls Prevention - Fact Sheet 8

- > Wear the correct glasses, hearing aids, good footwear and use your walking aid if you have one.
- > Many falls result from the use of ladders. Use appropriate safe equipment or ask for help from family, friends or the council, even if you have to postpone the task.

*For a comprehensive checklist of how to make your home safer, ask your doctor or health professional.*



### Who can help?

- > Your Doctor.
- > Your local council.
- > The Independent Living Centre for advice regarding aids and equipment 1300 885 886, (08) 8266 5260 or [www.disability.sa.gov.au](http://www.disability.sa.gov.au)

To organise an Occupational Therapist to visit your home contact:

- > A Day Therapy Centre. To find the nearest centre contact Seniors Information Service (08) 8168 8700. Country callers 1800 636 368.
- > OT Australia will be able to give you contact details for a private Occupational Therapist in your area (08) 8342 0022.
- > Your doctor can arrange a referral to the DVA Rehabilitation Appliances Program if you are entitled, or you can phone DVA for the cost of a local call on 133 254 or free call 1800 555 254 if you are outside a major city.

### For more information

**Falls and Fall Injury Prevention  
Safety and Quality Unit  
PO Box 287, Rundle Mall SA 5000  
Telephone: 08 8226 6334  
[www.safetyandquality.sa.gov.au](http://www.safetyandquality.sa.gov.au)**

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