

Who We Are



As a husband and wife duo, our passion is for helping older adults age in place with dignity and safety. Custom Moving & Hauling is your resource for proactive planning and decluttering for fall prevention.

Additionally, we are Senior Move Manager Certified®. This is a special designation earned through extensive experience, consistent protocols, and in-depth training from the National Association of Senior Move Managers. This status supports our mission of: *Helping you through life's many transitions™.*

For More Information:

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Fall Prevention Checklist



ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION:

1 in 5
falls cause *serious injury* like broken bones or head injury

3 MILLION
older adults are treated in the *emergency room* for a fall annually

Falls are the *most common cause* of **traumatic** brain injuries

Hip fractures account for **300,000** older adult hospitalizations

More than **95%** of *hip fractures* are caused by a fall

800 THOUSAND patients a year are *hospitalized* because of a fall injury

Disclaimer: No part of this brochure is to be considered legal, medical, or financial advice which should be consulted upon with a professional. The content is strictly for education and the content provided herein are simply for educational purposes and do not take the place of legal or medical advice from a doctor or an attorney. Every effort has been made to ensure that the content provided in this book is accurate and helpful for our readers. However, this is not an exhaustive treatment of the subjects. No liability is assumed for losses or damages due to the information provided. You are responsible for your own choices, actions, and results. You should consult your doctor for your specific questions and needs and medical concerns related to your health and medication.

Don't risk a fall if you can help it!

There are many simple things you can do or modify at home to make your living environment safer and more functional, non-medically speaking.

Do a walk through with this checklist around your home. Things you might often think are small annoyances, can sometimes be the biggest hazards. Or, if you know they need to get fixed or addressed, contact (925) 895-4411 for local referrals.

Stairs and Steps - Inside and Outside

- YES / NO **Are there papers, shoes, books, or other objects on the stairs?**
Always keep objects off the stairs, and walkways free of clutter.
- YES / NO **Are some steps broken or uneven, either inside or outside?**
Fix or mend the problem areas.
- YES / NO **Is there a light and light switch at the top and bottom of the stairs?**
Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow, as well as wall mounted spotlights.
- YES / NO **Has a light bulb burned out in a walkway or stairway making it dim in that area?**
Ask a friend or family member change the light bulb.
- YES / NO **Is there carpet on your stairs loose or torn?**
Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- YES / NO **Are the handrails loose or broken? Is there a handrail on only one side of the stairs?**
Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

Bedrooms

- YES / NO **Is the light near the bed hard to reach?**
Place a lamp close to the bed where it's easy to reach.
- YES / NO **Is the path from your bed to the bathroom dark?**
Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.
- YES / NO **Is your bed difficult to get in or out of because it is too low? Or too high?**
Consider adding another box spring under the mattress to elevate. Or, remove the bed frame to lower to overall height.

Floors and Hallways

- YES / NO **When you walk through a room, do you have to walk around furniture?**
Ask someone to move the furniture so your path is clear.
- YES / NO **Do you have throw rugs on the floor? Do they curl on the edges?**
Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.
- YES / NO **Are there papers, shoes, books, or other objects on the floor?**
Pick up things that are on the floor. Always keep objects off the floor, entryways, hallways, and main living areas.
- YES / NO **Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?**
Coil or tape cords and wires next to the wall so you can't trip over them. You can also get zip ties and tie them together and then tape down. If needed, have an electrician put in another outlet.

Bathrooms

- YES / NO **Is the tub or shower floor slippery?**
Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower. Be sure that you have a non-stick bathroom mat on the floor outside of the tub or shower as well.
- YES / NO **Do you need some support when you get in and out of the tub, or up from the toilet?**
Have grab bars put in next to and inside the tub, and next to the toilet.

Kitchen and General

- YES / NO **Are the things you use often on high shelves?**
Keep essential things you use often on the lower shelves (about waist high). Avoid excessive reaching or bending in order to get to common things that you use on a daily basis.
- YES / NO **Are you using a step- stool? Is it sturdy?**
If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool. Consider asking a friend or family member to move items so that you do not have to use a step stool in general.