
Healthy Aging Highlights

Information on healthy aging & more from the National Institute on Aging at NIH



Most older adults want to age in place in their homes. Part of preparing for that is making sure your home is safe. Six out of every 10 falls happen at home, but there are many changes you can make to your home to help you [avoid falling](#).

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Don't use throw rugs or small area rugs.

Visit our website for a room by room list of [home safety tips to prevent falls](#).

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Stay safe at home by preventing falls! Check out this room by room list of things you can do at home to reduce your risk of falling: <https://www.nia.nih.gov/health/fall-proofing-your-home> #safetymonth
