



Prevent Falls at Home: A Room-by-Room Audit for Older Adults

Description

Start with the route used at night and the bathroom, then remove clutter, improve lighting, secure mats, add suitable support and review footwear, vision and medicines. Pair home changes with strength and balance work. This guide is for an older adult or family caregiver making a singapore home safer after a near-fall or before mobility changes and resolves one task: identify room-specific fall risks and assign fixes, exercise and clinical follow-up. The material claims were checked against [HealthHub preventing falls](#) and [HealthHub fall-prevention tips](#).

Choose the route that matches your case

Situation	What to do
A fall caused injury or new weakness	Seek medical assessment before treating it only as a home issue
Bathroom is slippery	Add appropriate non-slip and support measures
Night route is dark or cluttered	Create continuous lighting and a clear path
Four or more medicines are used	Arrange the recommended medication review

Walk the real route

Audit bed to toilet, chair to kitchen and entrance to lift at the time they are normally used. According to [HealthHub preventing falls](#), the controlling detail for this branch is the specific rule or service condition cited here.

A daytime tidy room may hide a night-light or footwear problem.

Fix bathroom risk

Water, thresholds and unsupported transfers combine several hazards. According to [HealthHub fall-prevention tips](#), the controlling detail for this branch is the specific rule or service condition cited here.

Use secure non-slip surfaces and professionally suitable grab bars rather than a loose towel rail.

Improve lighting and contrast

Even illumination, visible step edges and reachable switches reduce uncertainty. According to [HealthHub preventing falls](#), the controlling detail for this branch is the specific rule or service condition cited here.

Avoid glare that can make a shiny floor harder to read.

Review movement and strength

HealthHub recommends regular aerobic activity plus strength, balance and flexibility work. According to [HealthHub fall-prevention tips](#), the controlling detail for this branch is the specific rule or service condition cited here.

Choose an appropriate programme with clinical advice after a fall, dizziness or major mobility change.

Check medicines and health

Vision, blood pressure, foot problems and medicine effects can contribute. According to [HealthHub preventing falls](#), the controlling detail for this branch is the specific rule or service condition cited here.

Bring an updated medication list to the review and describe when dizziness occurs.

Use a fix register

For each hazard, record owner, cost, due date and completion evidence. According to [HealthHub fall-prevention tips](#), the controlling detail for this branch is the specific rule or service condition cited here.

Prioritise high-frequency routes and severe consequences instead of cosmetic changes.

Run the numbers or sequence

Score each hazard from one to three for likelihood and consequence. A slippery bathroom used several times daily scores ahead of a rarely used storeroom, so the first budget goes to bathroom fixes.

The calculation or sequence above is an LBRD working example. Replace every example input with the amount, date, access condition or document from your own case. Keep the official rate or threshold beside the working so another person can reproduce the answer.

Build a verification note another person can check

Before acting, create a one-page case note headed with the task, the date checked and the person responsible. Copy only the facts that affect your decision, then attach the statement, booking, application, receipt, map record or screenshot that supplies your own input. This separates a published rule from a personal assumption. If the official page changes, keep the earlier dated record but rework the decision with the live version.

Controlling source	What to verify	What to retain
HealthHub preventing falls	Home modifications, exercise guidance and EASE support.	Record the page date, the exact rule used and the case input it governs.
HealthHub fall-prevention tips	Risk factors, footwear, vision and medication-review considerations.	Record the page date, the exact rule used and the case input it governs.

Read the source in context, including definitions, exceptions and effective dates. A relevant page is not proof by itself: the cited passage must contain the particular rate, deadline, eligibility condition, access rule or warning used here. Where two official channels appear inconsistent, pause and ask the authority about the exact case rather than choosing the more convenient answer.

Use the guide with its limits

Children can deteriorate quickly and symptoms overlap. Use the observations here to communicate clearly, not to diagnose. If a parent's instinct says the child is markedly different, seek professional assessment even before a listed threshold is reached.

No interview, personal use, fresh field visit, survey result or price check is claimed unless explicitly stated. Availability, fees and procedures can change. Reopen the linked authority page immediately before payment, travel, filing or emergency use.

Before you act

1. Record any recent fall
2. Walk night routes
3. Audit bathroom transfers
4. Improve light and contrast
5. Secure mats and cables
6. Review footwear, vision and medicines
7. Assign and verify fixes

Mistakes that change the outcome

- Buying equipment without fit
- Using loose rugs
- Focusing only on exercise
- Ignoring dizziness
- Leaving fixes without an owner

Continue with the relevant LBRD guide

Next, [plan safer outdoor activity](#). You can also [build a household emergency plan](#).

Questions readers ask

Which source controls this decision?

HealthHub preventing falls controls the main rule, with HealthHub fall-prevention tips used for the second check.

Can I use the worked example as my final figure?

No. Replace every input with your own dated record and confirm the live rule before acting.

What should I save?

Keep the official page date, your case inputs, the calculation or sequence, and the submission or payment acknowledgement.

Date Created

10/08/2026

Author

nuraisyah