

Senior-Proofing Your Home

A room-by-room checklist to prevent the most common falls at home.

1. Secure or remove loose rugs.
2. Add grab bars in the bathroom.
3. Light the path from bed to bathroom.
4. Clear cords and clutter from walkways.
5. Keep a phone or alert within reach.

From Seniors Living Hub - The Comfort of Home.

Visit seniorlivinghub.com for the full, up-to-date guide.

This is a sample placeholder. Replace with your final PDF.