



Falls Prevention & Home Safety Checklist

For People Living with Parkinson's Disease

Falls are not an inevitable part of Parkinson's — but Parkinson's does increase fall risk. Small, thoughtful changes can significantly reduce that risk and help protect independence.

Use this checklist to walk through your home and daily routines.



Home Environment

- Remove loose rugs or secure them with non-slip backing
- Clear walkways of clutter, cords, and low furniture
- Improve lighting in hallways, stairways, and bathrooms
- Use nightlights in bedrooms and bathrooms
- Install grab bars in showers, tubs, and near toilets
- Keep frequently used items within easy reach (avoid step stools)
- Ensure stair railings are sturdy and present on both sides if possible



Footwear & Mobility

- Wear well-fitting, supportive shoes indoors and outdoors
- Avoid walking in socks or slippery slippers
- Choose shoes with non-skid soles and good heel support
- Use prescribed mobility aids (cane, walker) consistently
- Have mobility aids checked and adjusted by a professional



Movement & Balance Habits

- Rise slowly from sitting or lying positions
- Pause before walking after standing up
- Take wide, deliberate turns instead of pivoting quickly
- Focus on "big steps" and lifting the feet
- Avoid rushing — especially to the bathroom or phone
- Practice balance and strength exercises most days of the week



Parkinson's-Specific Considerations

- Be mindful of freezing episodes, especially during turns or in tight spaces
- Use cues if helpful (counting, rhythm, visual floor markers)
- Review medications regularly for dizziness or low blood pressure effects
- Stay well hydrated throughout the day
- Schedule regular vision checks

If you've had near-falls, dizziness, or a recent fall — let your healthcare team know. These are **signals**, not failures.

Bathroom & Bedroom Safety

- Install non-slip mats in the shower and tub
- Use a shower chair or handheld showerhead if needed
- Keep a lamp, phone, or flashlight within reach of the bed
- Ensure the path from bed to bathroom is clear and well-lit
- Consider a raised toilet seat or bedside commode if transfers feel unsafe

Support & Follow-Up

- Ask about Parkinson's-trained physical therapy (LSVT BIG, PWR!)
- Discuss fall risk openly with your care team
- Involve a partner or caregiver in home safety planning

Preventing falls is not about limiting life — it's about **staying in it**.

Notes



Trusted Resources

- **Parkinson's Foundation**
Practical education, exercise guidance, and fall-prevention resources
 [parkinson.org](https://www.parkinson.org)
- **American Parkinson Disease Association**
Safety tips, local programs, and educational materials
 [apdaparkinson.org](https://www.apdaparkinson.org)
- **Centers for Disease Control and Prevention (CDC STEADI Program)**
Evidence-based fall prevention strategies for older adults
 [cdc.gov/steadi](https://www.cdc.gov/steadi)

