



Fall Free Friday

Bathroom Safety

**November 6,
2020**

10:00 AM

**AAA7 FB
LIVE**

-Falls occur most commonly in the bathroom, often due to:
low toilet height, lack of grab bars, or slippery shower/tub
surfaces

-Environmental modifications in the bathroom provide
physical support to maintain independence and prevent falls

Consider these changes:

Use bathmats or rugs with non-slip backing
or

Use non-slip rug pad between the rug and floor



Consider these changes:

Install automatic night lights and have good lighting

Lever handles on faucets and doors are easier to use than knobs

Automatic and pump dispensers are also easier to use

Consider comfort height toilet (17 or more inches high)
or

Use a raised toilet seat, with or without hand grips

Grab bars can be installed near toilet, near entrance/exit of tub or shower, and on interior walls of tub/shower

Grab bars need to be installed correctly in the studs

Bath seats or chairs come in many styles and are helpful if you have balance or endurance problems

For more major renovations, walk-in showers and tubs can be a worthwhile investment

For more examples of home modifications that can significantly reduce the risk of falling, review AARP's HomeFit publication, available here:

<https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>