



HEADS UP! SENIORS

*A checklist keeping your
brain in mind*



Identify ways to improve safety in your home and lifestyle!

STAIRWAYS, HALLWAYS AND ENTRANCES

- All stairs are in good repair and sturdy handrails run the full length of the stairs
- All hallways and stairways are well lit and kept clear
- Sidewalks and walkways are level and free of cracks or holes
- Pathways and steps are free of ice, snow, leaves and newspapers

BEDROOM

- I keep a working flashlight and telephone by the bed
- There is a light switch or lamp within reach of the bed
- The bed is at the proper height to allow easy access

BATHROOMS

- Tubs, showers and floors have a non-skid mat or non-slip surface
- Sturdy grab bars or handrails are installed by the toilet and in tubs and showers
- Tub seat, hand-held shower and/or raised toilet seat with arms are used if necessary

LIVING AREAS

- Items, clutter and wires are kept off the floor and pathways are clear
- Lights are located by the entrance of each room and nightlights are used
- Carpet, tile and floorboard lie flat and are in good repair
- I do not use loose rugs, or area rugs have non-slip backing or are secured
- Work and storage areas are organized so items are within reach
- There is always a phone within easy reach, and emergency numbers are posted
- I always use a sturdy stepstool or ladder to reach high places - never a chair
- I never climb a stepstool or ladder when I am alone
- Spills are wiped up immediately



GETTING AROUND

- I wear clothing that fits appropriately and is not too loose
- I wear supportive, low-heeled, non-slip shoes at home and outside
- I pay attention to floors in public buildings, especially if they are slippery
- I take my time walking and getting out of vehicles, especially if the ground is uneven
- I use my cane or walker if recommended by my doctor
- I plan ahead so that I do not go out during rush hour, darkness or bad weather
- I watch for cars, bicycles, skateboards, rollerbladers, and other roadway users
- I cross the street at intersections and wait for the signal that it is safe
- I make eye contact with drivers, so they know I am crossing the roadway

HEALTH

- I go for regular checkups to make sure my vision, hearing, and other senses are safe
- I take my reading glasses off while I am not reading
- I exercise regularly to maintain strength and balance
- I moderate my alcohol consumption
- I engage in activities that stimulate my mind and keep my brain active
- My medications are clearly labeled, and I take them only as prescribed
- I have reviewed my medications with my doctor and have talked about the possible side effects or interactions

LIFESTYLE

- I have a fall detection device and/or cell phone
- I have arranged for daily contact with a friend or family member
- I am careful not to get up too quickly, especially after lying down, resting or eating
- I discourage my pets from sleeping in pathways or underfoot

In people older than 65, falls account for over 70% of traumatic brain injuries. You can help prevent these and other injuries by adapting your home and lifestyle to include safety measures. Use this checklist to identify potential improvements for your home and lifestyle.

If you or someone you know is struggling after a fall, contact the BIANJ Helpline at 1-800-669-4323.



**Brain Injury
Alliance**
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