



American Stroke Association
A division of the American Heart Association.

Together to End Stroke®

Prevent Falls After Stroke

Safety starts at home

Simple changes to your home can reduce fall risk and help maintain independence.

FLOORS & WALKWAYS

- » Arrange furniture for clear, wide paths.
- » Remove throw rugs or secure with non-slip backing.
- » Keep floors clutter-free.
- » Secure electrical cords.

BEDROOMS

- » Keep lamps and phones within arm's reach of bed.
- » Install nightlights along path to bathroom.

BATHROOMS

- » Install non-slip mats in tubs and showers.
- » Add grab bars next to toilet and in shower/tub.

OUTDOOR AREAS

- » Install handrails on both sides of stairs.
- » Keep walkways and stairs clear of debris and ice.
- » Add lighting for all outdoor walking areas.

STAIRS & STEPS

- » Keep stairs completely clear of objects.
- » Repair broken or uneven steps.
- » Secure loose carpet or add non-slip treads.
- » Install handrails on both sides.
- » Add lighting with switches at top and bottom of stairs.

KITCHEN

- » Store frequently used items on lower shelves.
- » Use sturdy step stools with handholds - never chairs.

YOUR ACTION PLAN •



Prioritize:
Focus first on stairs, bathrooms and main walkways.



Get Help:
Consider occupational therapy home assessment.



Review Regularly:
Reassess as your recovery progresses.

Additional Resource

» [Home Safety Solutions: Before and After](#)

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