HOME SAFETY Personal Action Plan

Now that you have identified changes and/or repairs that need to be completed around your home, it's time make a plan to eliminate the hazards identified in your home. However, it is important to determine which tasks you can complete yourself, which ones require two or more people to complete, and which ones require professional assistance. If you are uncertain, you are encouraged to consult a licensed professional before getting started. Keep in mind that you may be creating a new hazard if you try to repair something in an unsafe manner.

Work to be done / help needed

		✔
Outside Your Home		☐
		☐
		☐
		☐
		☐
Garage		☐
		☐
		☐
		☐
Stairs		☐
		☐
		☐
		☐
Floors and Hallways		☐
		☐
		☐
		☐
Basement & Laundry		☐
		☐
		☐
		☐

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance NOVA SCOTIA Trauma NB

		✔
Bathroom		☐
		☐
		☐
		☐
		☐
Living Room		☐
		☐
		☐
		☐
Bedroom		☐
		☐
		☐
		☐
Kitchen		☐
		☐
		☐
		☐
		☐
Fire Safety Concerns		☐
		☐
		☐
		☐
Other Safety Concerns		☐
		☐
		☐
		☐

SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

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