



Fall Prevention for Seniors

Copy and paste these web addresses to your browser to access them.

VIDEO: (3 minutes)



Link: <https://youtu.be/w9iLdYhGbfQ>

Fall Prevention Checklist for your home:

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Education-programs/remembering-when/RWHomeSafetyChecklist.ashx>

Safety Tip Sheets including for people with disabilities and those using oxygen in the home:

<https://www.nfpa.org/-/media/Files/Public-Education/Resources/Education-programs/remembering-when/RWSafetyTipSheets.ashx>

Premise Alert Form: (local, but get from your fire department)

<https://www.mtfdpd.org/DocumentCenter/View/696/Illinois-Premise-Alert-Program-Form-2019?bidId=>

Checklist to find and fix hazards in your home:

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>

Elderwerks Senior Resource Directory: (Northern Illinois version)

<https://www.elderwerks.org/directory/index.html>

Purchase a Knox Box for your home:

<https://www.knoxbox.com/>