CAREGIVER SUPPORT

5-Step Checklist to Prevent Falls and Injuries

Simple, practical ways to create a safer, more supportive home for someone living with a serious illness.

1 Reduce fall risks by simplifying the space

- Remove loose rugs or secure them with non-slip backing
- Clear walkways of clutter
- Add nightlights in hallways and bathrooms
- Keep frequently used items within easy reach
- Make sure shoes or slippers have good traction

2 Support easier breathing and reduce fatigue

- Keeping pathways clear so walking requires less energy
- Positioning chairs or resting spots throughout the home
- Adjusting the room temperature to a level that feels comfortable
- Using a small fan to improve airflow if recommended by the care team
- Watching for increased shortness of breath during activity

3 Make the bedroom a place of rest and safety

- A firm, supportive mattress at a height that is easy to get in and out of
- Bedside lighting that is easy to reach
- A bell or call device your loved one can use to get your attention
- Adjustable pillows to help with positioning or ease shortness of breath
- Clear space around the bed to allow safe transfers in and out

4 Create a bathroom setup that prevents slips and strain

- Install grab bars near the toilet and inside the shower
- Add a shower chair or bench to reduce fatigue
- Use non-slip mats inside and outside the tub
- Consider a raised toilet seat or bedside commode for easier access
- Keep essential toiletries within reach to reduce bending or stretching

5 Keep medications organized and easy to manage

- Use a pill organizer or labeled containers
- Keep an up-to-date medication list with dosages and schedules
- Store medicines in one designated location
- Track any side effects or new symptoms in a small notebook
- Ask questions whenever something seems unclear

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When to Reach Out for Additional Support

If the home no longer feels as safe as it once did, or if caregiving is becoming more overwhelming, talking with a care team can help you understand what types of support may be available — including palliative services that focus on comfort, symptom relief, and help for families.

Support can begin with a simple conversation.

You're not alone. Support is available.

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Give us a call 24/7 at (502) 456-6200,
or contact us online at
hosparushealth.org/contact

WE'RE HERE TO LISTEN, ANSWER QUESTIONS, AND HELP YOU NAVIGATE WHATEVER COMES NEXT.