

# WAYS TO PREVENT FALLS IN THE HOME



## DECLUTTER

One of the biggest issues we find in homes is the amount of clutter in and around the common areas of the home. Here are some decluttering tips for safety:

- *Remove books and boxes from all hallways.*
- *Get all clothing and shoes up from the floor. While we're on the subject of clothing, try and avoid wearing baggy clothes that you can get tangled up in.*
- *Be sure to tuck in all cords and electrical wires, or tie them with zipties and tape to the wall.*
- *Clear all common areas of clutter that doesn't need to be on the floor, ie. magazines, mail, dog leashes, etc.*

## RECONSIDER DECOR

While decorations and furniture can be sentimental, or just a part of what you've gotten used to in the home, there are some things to consider:

- *Rugs or runners are hazards for tripping and should be removed unless absolutely necessary. Consider taping down the edges or adding slip-resistant pads underneath if its totally necessary to keep them in your home.*
- *Furniture such as low coffee tables, stools, or ottomans are easily looked over and we recommend moving them away from walkways or open areas of passage.*

## DETERMINE "ESSENTIAL" VS. "NON-ESSENTIAL"

We're referring here to things you don't need to access each day as a necessity. This might include holiday items or decorations, crafts, tools, or other non-essential items in the home:

- *Gather or purchase totes to put these items in, away from the common area of the home. They can be arranged on shelving that is easy to access in the garage, or on low shelves in guest rooms.*
- *Label your totes or boxes with your items so you can see what you have from a distance or when you walk in the room and feel satisfied that your things are organized.*
- *Move all your daily items within safe reach. You should not have to extend to reach your shoes on a high shelf above in a closet for example.*

*Continued on back side >>>*

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**JUNK IT**   
**MOVE IT**

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## REMOVE PERSONAL ITEMS

One of the most difficult things to deal with both emotionally and physically, is the remaining items of a loved one in the home after they have passed away. Work with someone to help remove things that do not belong to you:

- *Find a helping hand from someone who is kind and compassionate, to assist with the sorting and boxing of these items.*
- *Hire movers and haulers, like Junk It Move It, to move furniture to consignment or a friend or family's home, and to haul the remaining things that are not usable or that are broken.*
- *Call donation centers for a pickup of the clean, usable clothing.*

## REPAIR & INSTALL

Your home may need some fixing up or some basic installations to help you age in place safer. Start by finding a local business that can assist you with the needs of keeping up your home:

- *Have grab bars and handrails installed near stairs, ramps, or seating areas of the home.*
- *Get flooring repaired where floorboards are sticking up or loose, as well as any linoleum laminates that might be loosening at the corners.*
- *Consider all the options for the bathroom, in addition to handrails, different shower or bathtub options might create a safer bathing experience for you.*
- *Be sure to have someone evaluate the lighting in your home, poorly lit areas are hazards and should be equipped with better lighting whenever possible.*

*If you'd like referrals to vendors who can help with any of these tasks, please call us at **925-595-5759** and we'd be happy to help. We care deeply about your safety!*



**Art and Andriana**  
OWNERS

## ABOUT JUNK IT MOVE IT

***Junk It Move It is a family-owned business and we are your full service clean-out and move-out crew.*** We offer junk hauling, downsizing and senior moves, as well as general relocations for residents and businesses. Our team helps clients save time and relieve some of their stress by offering reliable and professional services, as well as honest pricing during life's many transitions.

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