

Fall prevention awareness quiz in home environment

Do you think it is true or false. Please circle your answer.

Q1. It would be better to have a non-slip backing for the mats in the entrance and bathroom.

A. True / False

Q2. It would be better to eliminate steps such as thresholds to prevent falls.

A. True / False

Q3. It would be better to have footlights in the hallways and stairs.

A. True / False

Q4. When the bathroom/kitchen floor is wet, it is okay to leave it alone as long as it dries quickly.

A. True / False

Q5. It would be better not to have a chair in the bathroom as it would get in the way.

A. True / False

Q6. Slippers worn indoors should be larger so they are easier to put on and take off.

A. True / False

Q7. It is a good idea to have vertical and horizontal handrails in the toilet to make it easier to stand up.

A. True / False

Q8. It would be a good idea to make the electrical cord long and leave it out on the floor.

A. True / False

Q9. It is a good idea to collect newspapers, magazines, remote controls, etc. on the floor.

A. True / False

Q10. It is better to leave the futon (Japanese sleeping mat) out as it is easy to fall down when raising and lowering the futon.

A. True / False

Answer

True Q1, Q2, Q3, Q7

False Q4, Q5, Q6, Q8, Q9, Q10 These situations cause the falls to the older adults

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