

Assistive Devices and Helpful Products to Prevent Falls

This guide is a reference to various products, ranging in size and price that can help make your home safer and prevent falls. This information is provided for educational purposes.

Please consult with your physician or healthcare provider regarding your specific use of this information.

The products listed in this section are currently available for purchase. For further information, contact the product's manufacturer and distributors. The price ranges listed are as of September 2015 and are subject to change. For installation of grab bars, railings, and other products, contact qualified professionals for installation.

Compiled by graduate students from the Department of Occupational Therapy at Dominican University of California, in partnership with Marin Villages (12/2015). Information from <http://agingresearch.buffalo.edu/hssat/assistive-devices-and-helpful-products.pdf>.

Assistive Devices and Helpful Products to Prevent Falls

Table of Contents

Entrance to Front and Back.....	3
1. Vinyl railing:.....	3
2. Rubber threshold ramp:	3
4. Suitcase/Fold ramp:	4
5. Cane icetip:	4
6. Outdoor grab bar:	5
Hallway and Living Room.....	5
7. Motion sensing LED light	6
8. Rug pad and double sided carpet tape:	6
9. Single-piece cable cover:	6
10. Furniture risers:.....	6
11. Standing cane with tray feature:	7
Kitchen.....	7
12. Three step ladder	8
13. Non-slip socks/Safe shoes:.....	8
14. Lazy Susan.....	9
15. Hallway security gate:	9
16. Programmable stove shutdown device:	9
Bedroom	10
17. Carpet trim:.....	10
18. DECT 6.0 cordless phone:.....	10
19. Big button remote control:	11
20. Bedside cane/bed rail:.....	12
Bathroom	12
21. Bathtub grab bar:	12
22. Right angled grab bar:	12
23. Raised toilet seat:.....	12
24. Bath mat	13
25. Water alarm with temperature monitor:.....	14
Walk-in bathtub:.....	14
Staircases and Laundry Room/Basement	14
27. Stairs grab bar	15
28. Stair railing with a good grip:	15
29. Stair treads:	15
30. Stairs LED lighting kit:	16
Personal Emergency Response System and Fall Detecting Device	17
31. Fall detection system.....	17

Entrance to Front and Back

1. Vinyl railing:



Hand railings on both sides of the stairs will provide support for safely climbing and descending the stairs. Vinyl railings have advantages over wooden or metallic railings in terms of durability, maintenance costs, corrosion, resistance to mold, and decay.

Price range:

Approx. \$73 for 36in X 8ft section

Home Depot: <http://www.homedepot.com/p/Veranda-8-ft-x-36-in-White-Vinyl-Traditional-Rail-Kit-73003989/202084783>

Approx. \$144 for 42in X 8ft section

Home Depot: <http://www.homedepot.com/p/Veranda-8-ft-x-42-in-White-Vinyl-Premier-Rail-Kit-with-Square-Balusters-73012456/202918824>

2. Rubber threshold ramp:



Threshold ramps can prevent stumbling and also provide accessibility to the users of a wheelchair or scooter. Rubber threshold ramps have advantages over metallic or wooden ramps in terms of traction, and shock absorption. It can be trimmed to custom fit various door- ways. It is available in various sizes. (Note: Threshold ramps may be needed for both sides of a threshold)

Price range: Approx. \$96 for 14''(W) X 14''(L) X 1.5(H)

Home Depot: <http://www.homedepot.com/p/EZ-ACCESS-1-5-in-Rubber-Threshold-Ramp-with-Beveled-Edges-THRBE-150-1/203265845>

Approx. \$157 for 25''(W) X 25''(L) X 2.5(H)

Home Depot: <http://www.homedepot.com/p/EZ-ACCESS-2-5-in-Rubber-Threshold-Ramp-with-Beveled-Edges-THRBE-250-1/203265847>

3. Motion Sensor Light

Lights with motion sensors can detect movement within a specified range and then illuminate.



Price range: \$20 – \$100

Home Depot: <http://www.homedepot.com/p/Defiant-180-Degree-White-Motion-Security-Light-DFI-5412-WH/203766735>

or

<http://www.homedepot.com/p/Defiant-180-Degree-White-Outdoor-LED-Motion-Security-Light-DFI-5982-WH/205937592>

4. Suitcase/Fold ramp:



Suitcase or fold ramps are easy to carry and are used to bridge the gap over steps, curbs, and raised landings. To get in and out of mini vans with an end or side entrance, a fold aluminum ramp can be used.

Price range: \$133 for 3ft ramp

Amazon: <http://www.amazon.com/EZ-ACCESS-Suitcase-Advantage-Series-Pounds/dp/B000JOTYZ4>

\$275 for 6ft ramp

Amazon: <http://www.amazon.com/EZ-ACCESS-Suitcase-Advantage-Series-Pounds/dp/B000JOTYZ4>

5. Cane icetip:



An ice tip is easily attached to most canes and crutches to provide good grip on an icy surface to prevent falls. The key feature of this attachment shown in the picture is that it has five prongs to provide greater grip than attachments with one prong, and it can be used with any type of cane.

Price range: \$9

Amazon: http://www.amazon.com/Cane-Ice-Attachment-Fits-canes/dp/B003BQY031/ref=pd_bxgy_121_img_y

6. Outdoor grab bar:



A grab bar at an entrance provides support and makes it safer and easier to open an entrance door. The key feature of this plastic grab bar shown in the picture is that it is rust proof and in winter, will not get as cold as a metal grab bar. Weight capacity of a recommended grab bar in general is 250 pounds and above.

Price range: \$15 - \$40

Health Megamall: https://www.healthmegamall.com/prodView-188220-46cm-Straight-Outdoor-Grab-Bar-soft-grip_c11561_p237611.htm

Elder Store: <http://www.elderstore.com/prima-outdoor-entry-way-grab-bar.aspx>

Hallway and Living Room

7. Motion sensing LED light



Using automatic LED lights is an efficient way to illuminate dark hallways to prevent falls. The motion sensors activate the light whenever movement is detected, and the auto shut-off feature turns the light off when there is no movement for a preset duration of time.

Price range: \$8 - \$40

Amazon: <http://www.amazon.com/Wireless-Motion-Sensor-Light-Security/dp/B001LJKLT4>

8. Rug pad and double sided carpet tape:

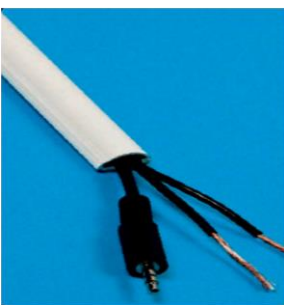


Rug pads can prevent the mats and rugs from skidding over the floor and provides cushioning underfoot. Various pads differ in their dimensions, color, and material. Carpet tape can also be used alone or in combination with a rug pad. The key feature of this rug pad is that it is made from eco-friendly materials.

Price range: \$10- \$103

Amazon: <http://www.amazon.com/Magic-Stop-Non-Slip-Indoor-Size/dp/B0014CQQC4>

9. Single-piece cable cover:



Cable covers keep the wires and cords off the floor and eliminate the risk of falls by getting tangled in them. Cable covers, such as the one shown in the picture, are easy to install because of their single-piece design and self-adhesive backing. They can also be painted to match the color of the interior.

Price range: \$12 - \$80

Electriduct: <http://www.electriduct.com/rubber-ducts.html>

10. Furniture risers:



Risers elevate the height of the bed, chairs, or table if they are too low. They also create considerable space under the bed for storage.

Price range: \$7 - \$49

Home Depot: <http://www.homedepot.com/p/Unbranded-Bed-Risers-4-Pack-6511-3349-BLK/203878106>

Amazon: <http://www.amazon.com/Stander-Furniture-Risers-Set-8/dp/B000GUDGVE>

11. Standing cane with tray feature:



A standing cane provides safety and balance while getting in or out of a chair. There are several key features of this standing cane such as a fully adjustable height and length, and it features a handy multi- use swivel laptop/TV tray with cup holder and utensil compartment.

Price range: \$110 - \$180

Amazon: <http://www.amazon.com/Stander-CouchCane-Ergonomic-Adjustable-Gaurantee/dp/B000GUHG5Q>

Kitchen

12. Three step ladder



A 3-step ladder with a wide platform top is helpful to reach shelves. The ladder shown in the picture has several key features such as a large standing platform for stable and secure use, thin design for saving space, a convenient hand grip with non-skid steps, and non-marring feet for secure footing on the ladder.

Price range: \$25 - \$180

Walmart: <http://www.walmart.com/ip/Little-Giant-3-Step-Ladder/14971671>

13. Non-slip socks/Safe shoes:



Well fit canvas shoes or athletic shoes are recommended. Shoes with more than 1.5 inch heels may cause falls. If shoes are not preferred inside the home then wearing non-slip socks can diminish the risk of falling on bathroom, kitchen, wood and other slippery floors. The key feature of this non-slip sock is that it has skid resistant treads.

Price range: \$4-10 for non-slip socks

Amazon: <http://www.amazon.com/Non-Skid-Slip-Socks-Hospital/dp/B000LQ8A8W>

14. Lazy Susan



Lazy Susans can be used to save space and organize items in the kitchen. There are many shapes of Lazy Susans such as full circle, kidney shaped, and deshaped. They can be a single tray or multi-tier shelves. They can be free standing on a tabletop or installed in a kitchen cabinet. When installing in a cabinet, there should be appropriate clearance from the hinge and the door.

Price range: \$8 - \$44 for single turntable \$50 - \$300 for 2 tier shelf

Amazon: <http://www.amazon.com/b?node=3744181>

15. Hallway security gate:



Security gates of different shapes and sizes are available to keep children and pets away from the kitchen, or other restricted areas of the house. Some of the gates swing open in both directions with easy, one hand operation. Some of the gates are tall (39.4 inches) and can expand up to 63.5 inches (Note: When the door is open, there is still a portion of the gate on the bottom that remains in the way. Be careful while stepping over the remaining part of the gate.)

Price range: \$65 - \$124

Amazon: <http://www.amazon.com/Dreambaby-Swing-Closed-Hallway-Security/dp/B001L64LH0>

16. Programmable stove shutdown device:



Automatic stove control devices turn off the stove if a person leaves the kitchen unattended and forgets to come back. The key feature of the device in the picture is that it automatically turns the stove off when someone is not present in the kitchen. It has a motion sensor to detect the presence of an individual in kitchen. (Note: Different models available for either 3 or 4 prong stoves).

Price range: \$450

ALZ Store: <http://www.alzstore.com/automatic-oven-control-p/0352.htm>

Bedroom

17. Carpet trim:



Carpet trims are available in different colors and materials such as metal, rubber, wood or plastic. They prevent the carpet edges from fraying and smooth the transition between a floor and a carpet and vice versa.

Price range: \$14 for approximate 2 inches X 72 Inches

Home Depot: <http://www.homedepot.com/p/Columbia-Aluminum-2-X72-CARPET-TRIM-GOLD-H6034-HG-6/202247407>

18. DECT 6.0 cordless phone:



Some of the latest cordless phones offer Digital Enhanced Cordless Telecommunications (DECT) 6.0 technology that provides clearer and louder voice output that can benefit individuals with mild to moderate hearing loss.

Price range: \$50+

Best Buy: <http://www.bestbuy.com/site/at-t-el52203-dect-6-0-expandable-cordless-phone-system-with-digital-answering-system-silver/8258439.p?id=1218866963577&skuId=8258439>

19. Big button remote control:



Remote controls for TVs and VCRs with a small number of buttons are simple to use. The key features of this remote control is that it only has 6 large lighted buttons for the most basic functions and is easy to hold in your hand.

Price range: \$18- 30

Allegro Medical: http://www.allegromedical.com/daily-living-aids-c519/tek-pal-universal-large-button-remote-p555095.html?utm_campaign=ComparisonShopping&utm_source=froogle&utm_medium=feed&CS_003=9164468&CS_010=ff8080811419294f01141c86199c0199&gclid=CI-CnM_lmsgCFUSCfgodh

20. Bedside cane/bed rail:



Bed side canes/bed rails provide assistance for getting in and out of bed. A long bed rail is not recommended because it can cause injuries.

Price range: \$70 +

Walmart: <http://www.walmart.com/ip/Stander-BedCane-4-Pocket-Organizer/6372782>

21. Bathtub grab bar:

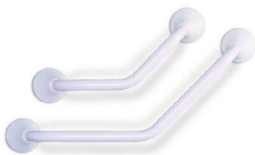


Some grab bars can be mounted on the edge of the bath tub by a clamping mechanism. The turning knob located on the outside of the clamping mechanism is used to secure the grab bar. The key feature of this grab bar is that it is made of plastic and stainless steel. (Note: Do not use with fiberglass bathtubs because it can damage the fiber- glass).

Price range: \$35+

Amazon: http://www.amazon.com/Medline-Bathtub-Bar-Locks-Side/dp/B0007VNZU4/ref=sr_1_5?s=hpc&ie=UTF8&qid=1443472338&sr=1-5

22. Right angled grab bar:



Right angled grab bars are used both horizontally and vertically. These grab bars offer a left hand or right hand orientation depending upon the handedness of the user and the placement of the bath tub, shower, or toilet. (Note: ADA guidelines say that the clearance between the grab bar and the wall should not be more than 1 1/2 inches).

Price range: \$101+

Rehab Mart: <http://www.rehabmart.com/product/handicare-45-degree-angled-grab-rail-36021.html>

23. Raised toilet seat:



Raised toilet seats assist people with bending and seating difficulties and in performing toilet transfers with ease. The device shown in the picture has an extra wide toilet seat for bariatric patients, height adjustable aluminum legs, padded armrests, and a 600 pound weight capacity.

Price range: \$20+ for raised toilet seat without arms

Walmart: <http://www.walmart.com/ip/Medline-Raised-Toilet-Seat/7983656>

\$35+ for raised toilet seat with arms

Home Depot: <http://www.homedepot.com/p/Drive-Seat-Riser-with-Removable-Arms-12402/204372198>

\$220+ for bariatric raised toilet seat with arms

Sears: [http://www.sears.com/search=bariatric toilet seat riser](http://www.sears.com/search=bariatric+toilet+seat+riser)

24. Bath mat



Bath mats will reduce the risk of slipping on a wet bath tub surface. (Note: The mat should be removed from the tub, rinsed, and allowed to air dry after each use).

Price range: \$10+

Amazon: http://www.amazon.com/Simple-Deluxe-Extra-Slip-Resistant-Clear/dp/B00J0JK30/ref=lp_1063242_1_7?s=bedbath&ie=UTF8&qid=1443472793&sr=1-7

25. Water alarm with temperature monitor:

Water alarm devices send an audible alarm when the water reaches the base of the unit, to prevent the overflow of water.



Price range: \$13+

Gain Express: <http://www.gainexpress.com/products/shower-thermometer>

Walk-in bathtub:



Walk-in bathtubs offer a swing-in door that allows the user to walk in and out of the bathtub with ease. Some of the walk-in bathtubs also have a seating feature. The swing-in door can either be on the left or right side of the bathtub depending on the orientation of the bath- room. The bathtub shown in the picture has a non-slip bottom surface with arm support inside the tub, and an optional whirlpool system. (Note: Be careful of the elevated step height before

getting in or out of the bathtub).

Price range: \$2,300+

<http://www.homedepot.com/b/Bath-Bathtubs-Whirlpools-Walk-in-Tubs/N-5yc1vZbz9m>

Staircases and Laundry Room/Basement

27. Stairs grab bar



Specially designed grab bars can be installed on the walls alongside the stairs. The key feature of the grab bar shown is that its curved design allows for continuous support around the corner of the stairs.

Price range: \$69+

Grab Bar Specialists: <http://www.grabbarspecialists.com/products.php?cat=591>

28. Stair railing with a good grip:



Stair railings are available in a wide variety of designs, styles and materials. They provide support while climbing or descending the stairs inside the home. They can be made of wood, iron, steel, or vinyl. The design that allows for a good grip, as shown in the picture is highly recommended instead of handrails that are too fat or wide to comfortably grip.

Price range: \$75+ for 12 ft section

Lowes: http://www.lowes.com/pd_17066-1487-601012ETOAK_1z0ynv7_?productId=3523216&pl=1

29. Stair treads:



Stair treads prevent accidental slips while ascending or descending the stairs. They are available in various colors and shapes.

Price range: \$56 - \$387 for a pack of 12 - 13 pieces.

Amazon: http://www.amazon.com/Set-Skid-resistant-Carpet-Stair-Treads/dp/B008PIB90O/ref=sr_1_1?ie=UTF8&qid=1443474141&sr=8-1&keywords=carpet+stair+tred

30. Stairs LED lighting kit:



When installed on stairs, the motion activated LED lights illuminate the areas that need additional lighting.

Price range: \$120+

Amazon: <http://www.amazon.com/Indoor-Recessed-Stair-Light-Riser/dp/B00Q33TSPG>

Personal Emergency Response System and Fall Detecting Device

31. Fall detection system



Personal emergency response systems (PERS) detect falls and alert the caregivers, emergency response call center, or 911 for a monthly fee. These devices use internet or phone lines to send out the alert. The key features of this device are as follows: Tracking the daily activities of a user on a website, automatic fall detection and alert message to family members, automatic reminders if not worn, can be used with a compatible cell phone to send alert and fall location.

Price range: \$100 - \$400

Consumer Reports: <http://www.consumerreports.org/cro/2014/06/what-to-look-for-in-a-medical-alert-system/index.html>

** Note: Personal Emergency Response Systems are very person-centric. Take the time to understand how it works, who it calls, how help will be provided. Depending on your lifestyle, size of home and where you live, some devices work better than others. Also important considerations are battery life, type of contract and payment plan and installation.