

The video starts with an illustrated house appearing on the screen, with a dog sitting on the front porch, and the www.cdc.gov logo is at the bottom of the screen.

The narrator speaks: "They say home is where the heart is."

The screen zooms into the window where an older adult couple is smiling and watering the plants.

Narrator: "But it's also where a lot of falls can happen for older adults."

The screen goes up to the sky and transitions to a blue screen with the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo and the www.cdc.gov logo.

Narrator: "Fortunately, CDC's STEADI initiative is here to help you improve home safety to prevent falls one room at a time."

The screen moves to show a cluttered hallway, and the animation begins to put clothes and shoes away in the closet, a purse onto the table, and the mail onto the table. Check marks appear on screen once things are off the floor.

Narrator: "To make your home safer, you can take simple steps such as picking up the clutter off the floor. This includes shoes, mail, and throw rugs."

The screen moves to a living room, which is unorganized, and there is no clear path.

Narrator: "Make sure your furniture is arranged, so there's a clear walking path around rooms."

The furniture moves to create a more organized space, and footsteps show the clear path through the room.

The screen changes to show two nightlights being plugged into the wall.

Narrator: "You can install nightlights throughout your home, so you can see better in low light or when it's dark."

One nightlight brightens when the background has low light, and then the other nightlight brightens when the background is dark. When each nightlight brightens, a green check mark appears.

The screen moves to show a kitchen.

Narrator: "When it comes to the kitchen, it's all about keeping things practical. Start by keeping items or utensils that you use often within arm's reach."

Bowls and mugs appear on a shelf above the kitchen counter. A line shows a reachable distance between the counter and shelf, and then a check mark appears.

Narrator: "And if there's something that's out of reach, always make sure to use a sturdy step stool with a handrail instead of a chair."

A step stool with a handrail appears and a check mark.

Narrator: "Cleanliness is key. Make sure surfaces and floors are always clean, and if there's a spill, clean it up as soon as possible."

The screen zooms into the floor to show a spill. A mop comes in to dry the spill and clean it up.

Narrator: "If your home has stairs, remove clutter from the steps and make sure the stairway is always clear."

The screen moves to show a staircase. The screen zooms out and shows an empty stairway with a check mark.

Narrator: "Something else you can do is to have bright overhead lighting at the top and bottom of stairs."

Lights appear at the top and bottom of the stairway with check marks at each light.

Narrator: "Make sure you have handrails on both sides of the stairs,"

Handrails appear on the walls on both sides of the stairway, starting from the top of the stairway and ending at the bottom. A check mark appears for each handrail.

Narrator: "That carpeting or runners are fastened down,"

Stair carpet is shown to be attached to the stairs with nails.

Narrator: "And repair any loose or damaged steps."

The carpet is lifted to show a crack in the stairs, which is then repaired. A check mark appears.

The screen changes to show a bedroom.

Narrator: "In bedrooms, be sure to have a light close to your bed."

A lamp is put on a bed-side table on both sides of the bed, and then a check mark appears next to each lamp. The screen zooms into the floor.

Narrator: "You can also make sure any rugs are fixed in place and secure."

The corner of the floor rug is lifted to show grips on the bottom of the rug. A check mark appears.

Narrator: "In bathrooms, consider adding non-slip rubber mats or strips in the shower or tub."

The screen changes to show a bathtub in a bathroom. A rubber mat is placed in the bathtub, and a check mark appears.

Narrator: "You can also install grab bars near the shower, the bathtub, and the toilet, for support."

Grab bars appear on each side of the shower wall, and there is a check mark next to each grab bar.

Narrator: "Some projects can be too big to do alone."

The screen changes to show an illustration of a person holding an electric screwdriver. The illustration changes to show a hammer and then a wrench.

Narrator: "Remember to ask for help for things like installing lighting or handrails."

Icons of a light fixture and handrails show up alongside the wrench, with a checkmark.

The screen moves to show the older adult couple and their dog in their hallway.

Narrator: "These small changes throughout your house add up to make a big difference in helping you prevent falls."

The screen moves to a blue screen with the text, "www.cdc.gov/steady", "www.cdc.gov", and the STEADI: Stopping Elderly Accidents, Deaths & Injuries logo.

Narrator: "Visit cdc.gov/steady to get more information and helpful tips on staying safe, healthy, and independent."