IN WHICH ROOMS HAVE INJURIES AMONG SENIORS INCREASED THE MOST?

Nearly three quarters of injuries among seniors happen at home. We used data from the CDC's National Electronic Injury Surveillance System to identify the rooms where the risk of injury spiked.

+99%

Hallway

A total of 8,444 injuries occurred by seniors in 2020 occurred in their **hallway**. Check for tripping hazards like throw rugs, clutter, and wires/cords with protruding edges.

+126%

Living Room

Living room injuries rose from 8,417 in 19,024 year-on-year. Make sure sofas and chairs are the right height for you to get in and out of easily.

+52%

Dining Room

Seniors incurred 5,364 injuries in their **dining room** in 2020. Make sure chairs, stools and other furniture belong in a place you when sitting if your mobility is limited.

+85%

Kitchen

The number of **kitchen** injuries rose by 54% from 19,020 to 10,849 in 2020. Keep frequently used pots, pans and kitchen utensils in easy-to-reach places.

+39%

Bathroom

No room has to have a light on in the bathroom at night, as 46% of home injuries among seniors in 2020 occurred in the **bathroom** – a total of 22,077 injuries.

+97%

Bedroom

The number of **bedroom** injuries nearly doubled from 9,811 in 2019 to 19,818 in 2020. It's a good idea to have a lamp, bed-to-light switch within reaching distance of the bed.

+26%

Closet

Seniors across the U.S. suffered 7,063 injuries in or around their **closets** in 2020. Storing heavy items lower and using a step stool or ladder with higher shelves can help avoid accidents.

+7%

Stairs

90,240 of household injuries among seniors in 2020 happened on the **stairs**. Handrails on both sides and good lighting can help prevent serious falls.

+32%

Basement

Injuries in the **basement** rose by 32% year-on-year. Consider installing motion-activated lights that automatically turn on when you walk past.

+26%

Laundry Room

The number of **laundry room** injuries among seniors rose from 8,884 in 2019 to 12,488 in 2020. Don't stand on a chair or table to reach something that's too high – use a "reach-stick" instead.

+22%

Deck

10,772 seniors injured **deck**-related injuries throughout 2020. Keeping your deck free of clutter and trip hazards can help prevent slips and falls.

+5%

Backyard

There were 19,403 injuries among seniors that occurred in their **backyard** in 2020. Keep your backyard free of pebbles, such as fallen branches.

+7%

Pool

There were 4,233 home **pool** related injuries among seniors in 2020. Make sure to repair uneven pavers, loose tiles and damaged pool decking.

+28%

Attic

There were 3,501 attic injuries among seniors in 2020. Make sure the **attic** is well-lit – you might consider using motion-activated lights that plug into electrical outlets.

+6%

Porch

Seniors incurred 34,380 injuries on their **porches** in 2020. A porch light and anti-slip mat can help keep you safe.

+28%

Garage

The number of **garage** injuries to seniors reached 15,188 – 28% Advanced lighting and suitable protective wear are essential to stay safe when working in your garage.

+6%

Driveway

Driveway injuries among seniors rose by 6% to 34,861 in 2020. In the winter, wear your driveway with an ice melt product or sand to make it less slippery.

Home Improvements and behavior changes can make a big difference to household safety for seniors.

You may be able to access support and advice through the **Eldercare Locator** (eldercare.acl.gov) or your local **Area Agency on Aging** (1-800-677-1116).

Sources: Injury Prevention Research Center at Emory University, Centers for Disease Control and Prevention, National Safety Council, Consumer Product Safety Commission, Administration for Community Living, Eldercare Locator, Home Depot, Lowe's, Ace Hardware, Amazon, Walmart, Target