



Home Age Fit Highlights Bedroom Safety Planning During Falls Prevention Awareness Week

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As the National Council on Aging leads Falls Prevention Awareness Week from September 21 through 25, 2026, Home Age Fit is drawing attention to an often underexamined part of home fall prevention: the bedroom, the act of getting into and out of bed, and the nighttime route between the bed and bathroom. The observance follows the September 3, 2026 announcement by the U.S. Administration for Community Living of Falls Prevention Awareness Month, which encourages practical action throughout September to reduce fall risk and support older adults' independence.

Recent U.S. research provides a measurable bedroom-specific story rather than relying only on general statistics. A 2025 Mayo Clinic-led analysis published in the Journal of Clinical Medicine, using Consumer Product Safety Commission NEISS data for 2014 through 2023, estimated an average of 320,751 bed-related fall injuries presenting to U.S. emergency departments annually among adults over 65. Estimated emergency visits increased 2.85 percent per year, while hospital admissions increased 5.67 percent per year. Within the sampled incidents, 34.4 percent occurred while transitioning into or out of bed.

Those figures sit within a larger pattern. A February 26, 2026 update from the Centers for Disease Control and Prevention states that more than 14 million adults, roughly one in four U.S. adults age 65 and older, report falling each year, and that falls remain the leading cause of injury for this age group. Earlier CDC-affiliated location research, drawn from 2015 emergency-department data, found that among community-dwelling adults 65 and older whose fall occurred at home, 25.0 percent occurred in the bedroom, rising to 31.6 percent among adults 85 and older.

Home Age Fit interprets these findings through the mechanics of everyday movement rather than a generic list of tips. The company describes the bedroom as a connected movement system running from bed to seated transfer, standing stabilization, first steps and the route toward the bathroom, where a problem at any point can add physical effort or create a hesitation point.

The company notes that different supports solve different problems. Its Home Age Fit Transfer Pole Guide distinguishes a vertical sit-to-stand pulling movement from other transfer directions, recommending that support match the actual motion rather than familiarity.

"A bedroom safety check should follow the movement, not the shopping list," said Oded Feigin, founder of Home Age Fit. "Walking the actual route from lying in bed through sitting, standing and moving toward the bathroom reveals where someone reaches, pauses, twists or grips furniture. That is where planning belongs."

Shortening a nighttime route changes the challenge without eliminating it, a point addressed in the Home Age Fit Bedside Commode Safety Guide, which explains that placement, clearance, height, lighting and the transfer itself must work together.

"Lighting should be evaluated as a route, not merely one brighter lamp," Feigin added. "The useful question is whether the floor and destination are visible before the first step is taken."

These measures can support lower-effort movement and reduce avoidable hazards, though no bedroom can be made fall-proof. The company's broader framework is set out in the Home Age Fit Bedroom Safety Planning Guide.

Home Age Fit is an engineering-informed aging-in-place planning resource that helps seniors and their families interpret fall-prevention evidence through the physics of everyday home movement. Led by founder Oded Feigin, the company provides expert-led guidance, decision-friendly product reviews and organized topic hubs. Its material is educational planning content and is not project-specific engineering, medical

advice, occupational therapy or safety certification.

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Home Age Fit

Home Age Fit provides engineering-informed aging-in-place guidance, helping seniors and families plan safer, more comfortable homes through ergonomic frameworks, preventative design, product reviews and practical independence-at-home solutions for life.

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