

HOME SAFETY CHECKLIST

For Seniors

Prevent Falls

- Clear hallways, walking paths, and stairs of tripping hazards including piles and furniture that is sticking out.
- Remove throw rugs and loose flooring.
- Add non-slip mats to bathroom and kitchen.
- Place safety adhesive tread in tub or shower.
- Install handrails on both sides of stairs and grab bars in tub/shower and by toilet for support.
- Check toilet seat height and add raised seat if needed.
- Include color contrasting anti-slip tape on the edges of stairs.
- Move frequently used items to places that are easily accessible without step stool.
- Add plenty of lighting to the house. Wireless motion sensing and touch/clap on lighting works well.

Store Chemicals And Cleaners Correctly

- Keep cleaners and chemicals in their original containers.
- Store these products away from food and heat sources.
- Avoid storing propane, gas cans, automotive and lighter fluids in the house.
- Dispose of expired or leaking products safely. Consult local waste management for info. about doing so.



Reduce Fire Risks

- Install fire detectors outside of each bedroom and on every level of the home. (Don't forget carbon monoxide detectors, also.)
- Get automatic stove turn off device to prevent burners and oven on too long.
- Remove frayed electrical cords and too many plugs to outlets.
- Hire professionals to inspect home heating system and fireplace yearly.
- Put small fire extinguisher in kitchen and/or near main exit door.
- Maintain at least 3 foot distance between space heaters and clothes, curtains, people, etc..

Ensure Medicine Safety

- Store medicine in original packaging with instructions unless using dispensing device.
- Keep list of current medications handy for doctor visits, yourself, and/or caregivers.
- Place medicine in locations that children and adults with dementia cannot easily access. Do not leave laying around. Put safety latch on medicine cabinet if needed.
- Use medicine dispensing device or hire assistance if needed to properly take medicines.