

HOME SAFETY CHECKLIST: IS THEIR HOME SAFE FOR THEM?

AREA

Stairs

- Are papers, shoes, books, or other objects on the stairs?
- Are some steps broken, uneven or is the carpet loose?
- Do you have adequate lighting over the stairway?
- Are there light switches at both the top and bottom of the stairs?
- Is there a sturdy handrail on both sides of the stairs?

Kitchens

- Are the things you use often on high shelves?
- Do you have a sturdy step stool with a bar to hold on to or a reach stick for high items?
- Do you have a fire extinguisher for the kitchen?

Bedrooms

- Do you have a night light close to the bed? Is the path from your bed to the bathroom dark?
- Do you have a telephone next to your bed?

Bathrooms

- Do you have a non-slip rubber mat or self-stick strips of the floor of the tub or shower?
- Do you have grab bars to assist you in getting in/out of the tub or up from the toilet?

Living Areas

- Are electric cords and telephone wires near walls and away from walking paths?
- Are areas where you walk free of clutter?
- Are carpets and large area rugs firmly attached to the floor?
- Have you removed all throw rugs?
- Is your furniture arranged so it's not in your way when you walk?
- Are sofas and chairs the right height to easily get in and out of?



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Unpaid Bills

- Are there late notices piling up on the table?
- Is the refrigerator stocked with food?
- Are there signs that your parent isn't eating, such as unexplained weight loss?

Hygiene

- Is your parent clean and generally well-tended?

Medication

- Is your parent taking his or her medication, or are the pill bottles still full?

Communication

- Does your parent still remember how to use the phone, email or other communication tools that he or she previously used?

Driving

- Has your parent recently accumulated a large number of moving violations?
- Does their car suddenly have new scratches or dents?

Daily Activities

- Does your parent still show up for family plans, or is he or she often late or absent?
- Does your parent go to classes outside the home or socialize with friends?
- Can your parent still competently travel on his or her own, or are there frequent mix-ups?



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