



Home Safety checklist

- Install a medical alert system** - Technology has made it easier to keep an eye on a loved one, and the market has many senior safety products for the home. Some personal safety devices for the elderly include Apple Watch (which can call 911 if the senior falls) or a medical alert bracelet or necklace they can wear and push a button to ask for help when they need it. Other safety devices include home security cameras so you can check in and see that your loved one is safe.
- Fire, smoke, and poison detection** - Purchase and install smoke detectors, carbon monoxide detectors, and fire extinguishers on every floor.
- Check the lighting** - Ensure that hallways, staircases, and all rooms are well-lit to avoid falls and injuries. Check the entire house and increase light bulb wattage to illuminate dark areas. Many seniors suffer from poor eyesight. Install nightlights, too, so that seniors can safely use the bathroom in the middle of the night.
- Bathroom safety** - To ensure senior safety in the bathroom, install grab bars in the shower, a shower chair, and shatterproof shower doors. Put down a rubber mat in the tub to prevent slipping.
- Review trip and fall areas** - Rugs, toys, and other hazards can cause a senior to trip and fall and potentially injure themselves seriously. Do a thorough evolution of every room and remove all tripping threats, especially near stairs.
- Kitchen safety** - Assess the kitchen for safety hazards and move items down that are too high to reach. Consider a touchless faucet so your elder won't have to struggle to use the sink. Get rid of any rugs that may present a tripping hazard.
- Remove clutter throughout the home for safety** - Clutter can be a source of stress for seniors but can also result in trips and injuries. Clean up the house and help your senior keep it clean
- Make the phone easily accessible** - Keep the phone in a place where your senior can easily reach it if they need help.
- Stairlift** - If your senior cannot manage the stairs any longer, consider installing a stairlift system. Be sure to tighten and secure hand railings, especially if your senior puts a lot of weight on them for support.
- Rearrange the furniture** - Remove excess furniture and move pieces around so your loved one can get around easily.