

Home Safety Checklist

Install handrails on both sides of all stairways and make sure that they can be used simultaneously.	
Check that there is adequate illumination at night (especially in the pathway to bathroom). Night lights are helpful!	
Reduce clutter.	
Tuck cords and wires out of the walkways	
Remove throw rugs.	
Secure carpet edges with carpet tape, and use rug liners to prevent carpets from slipping.	
If walker or W/C is being used check that all rooms which are being frequently visited can be accessed with them. Move furniture if needed.	
Eliminate chairs that are too low to sit in and get out of easily.	
Install grab bars in the bathtub or shower and by the toilet.	
Use a non-slip mat or safety decals in your bath and shower.	
Use shower chair or transfer tub bench at bathtub. Convert shower head to hand held shower.	
Store things that you use often on easy-to-reach shelves, so that you don't need to reach too high or bend too low to get them.	
Avoid floor wax (or use nonskid wax).	
Carry a cordless phone or cellular phone with you, so if you fall you can call for help. Best choice is to get medical alert.	
Check that there is a smoke detector and carbon monoxide alarm at every floor of the house. Remember to check the operation of them monthly by pushing the test button.	
Check the ability of elderly person to manage their medications.	

About Medications

- Be aware of warnings and side effects. Some medicines can affect balance.
- Discard old medications (expired) and those not being taken anymore.
- Check that medicine bottles contain only the medicine stated by the label.
- Make a list of all medicines and include also vitamins and herbal products.
- Keep medication list updated and go over it with physician.
- The use of medications needs to be supervised if there are visual/memory problems or history of abuse.

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