

In-Home Preventive Health Care Program

Home Safety Checklist for Older Adults

Making small changes in your home can decrease your risk of accidents and falls. Check (✓) each item as you make changes that can keep you healthier and safer in your home.

Lighting



- ❑ Place night lights in bedroom, hall, and bathroom.
- ❑ Have light switches accessible at room entrances.
- ❑ Eliminate glare with window shades.

Floors

- ❑ Remove throw rugs, rugs without a slip-resistant backing, and extension cords.
- ❑ Keep pathways clear of furniture and clutter.
- ❑ Secure all carpet edges.

Stairs

- ❑ Have light switches at the top and bottom of stairs.
- ❑ Install sturdy handrails.
- ❑ Mark top and bottom steps with bright paint or tape.
- ❑ Keep stairs in good repair and free of clutter.

Footwear

- ❑ Wear proper fitting shoes with low heels and non-slip soles.
- ❑ Avoid wearing stockings and slippers without soles.

Telephone



- ❑ Have telephone in easy to reach location.
- ❑ Keep a list of emergency numbers near telephone.
- ❑ Consider “Life-line” or plan a telephone check with family or friends.
- ❑ Use large, easy-to-read numbers or voice amplifiers if necessary on the telephone.

Bathroom

- ❑ Install grab bars in tub/shower and by toilet.
- ❑ Use rubber mat in tub/shower.
- ❑ Use a shower chair and/or hand-held shower nozzle.
- ❑ Remove door lock to ensure access in an emergency.
- ❑ Set thermostat on water heater at 120° or less.

Kitchen



- ❑ Mark stove controls so “off-on” settings are clear.
- ❑ Store frequently used items on accessible shelves.
- ❑ Wipe up spills right away (even small ones).

Yard and Entrances

- ❑ Repair cracks in pavements and holes in lawn.
- ❑ Install adequate lighting for walkways.
- ❑ Install and use dead-bolt locks on outside doors.
- ❑ Install wide-angle peepholes on outside doors
- ❑ Keep entrances and pavements clear of snow and ice.



Medications

- ❑ Use medications as directed.
- ❑ Never take someone else's medication.
- ❑ Always verify the medication before you take it. Don't take medication in the dark.
- ❑ Keep medications out-of-reach of children and others who may misuse them.
- ❑ Promptly dispose of outdated and medications no longer used.
- ❑ Renew/refill your medications ahead of time so you don't run out of medicine.

Crime Prevention

- ❑ Lock all doors and windows when away from home.
- ❑ Keep valuables out of easy view.
- ❑ Be aware of telephone fraud. Never give your credit card or social security number over the telephone.



Fire Protection

- ❑ Install smoke detectors and check batteries regularly.
- ❑ Plan an escape route to exit bedrooms quickly.
- ❑ Never smoke when tired or lying down.
- ❑ Don't leave burning candles unattended.
- ❑ Inspect furnace and chimney every year.
- ❑ Replace frayed or cracked electrical cords.
- ❑ Check and maintain heating and cooling units to prevent fires.

Firearms

- ❑ Remove ammunition from guns before storing them.
- ❑ Store guns and ammunition separately in locked cabinets.

Miscellaneous Suggestions

- ❑ Wear a medical ID bracelet.
- ❑ Always wear a seat belt when riding or driving a vehicle.
- ❑ Be alert to dangerous weather situations.
- ❑ Wear sunscreen, hats, and long sleeves to prevent sunburn.
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