

# Elderly Home Safety Checklist

## Exterior

### Lighting

- Install motion-detection lighting for use at night.
- Ensure overhead lighting illuminates the entryway.
- Consider a security system to prevent home intrusion.

### Entryway Accessibility

- Install ramps if needed.
- Ensure handrails are present along all steps.
- Maintain a clear walkway from the parking area to the home entry.
- Ensure the front door and storm door are lightweight and easy to open.

### Floor Mats

- Use low-profile mats to prevent tripping.
- Make sure mats do not create a fall risk.

### Doors

- Ensure doorknobs are easy to turn.

## Interior

### Hallway Lighting

- Install motion detection lights to illuminate hallways.
- Ensure adequate handrailing throughout walkways if needed.

### Floor Safety

- Remove throw rugs or replace them with low-profile rugs.
- Secure wiring or cords to prevent tripping.

### **Stairways Safety**

- Add nonslip stair treads.
- Consider installing a stair lift if needed.
- Ensure proper handrailing is in place.
- Use motion detection lights on steps.

### **Cables**

- Relocate cables crossing high-traffic areas.

### **Kitchen Safety Devices**

- Ensure smoke and carbon monoxide detectors are present and working.
- Check appliances for frayed cords or errors.
- Keep the poison control number accessible.

### **Clothing and Safety Gear**

- Wear appropriate clothing when cooking.
- Use cut-resistant gloves and rubberized cutting boards.

### **Living Areas (Walkways)**

- Keep walkways clear.
- Remove low-level tables or furniture that may cause tripping.
- Create a charging station for phones next to the sitting area.

### **Bedroom (Bed Safety)**

- Ensure the bed is easy to get into and out of.
- Keep the room clutter-free for better sleep.
- Create a charging station for devices near the bed.

### **Bathroom (Safety Measures)**

- Install grab bars near the toilet and in the shower or tub area.
- Consider a walk-in tub or shower for added safety.
- Use nonslip mats around the bathing area.
- Replace faucet handles with easy-to-use ones.

## **Products to Consider**

- Medical alert system
- GPS tracker
- Hearing aids
- Cellphone with emergency features
- Walk-in tub

## **Financial Assistance Options**

- Home improvement grants
- Long-term material loans
- Check Medicare coverage and Medicare Advantage plans

## **Additional Notes:**