

## **Housing Options Made Easy - Safety Tip Checklist**

### **Meal Preparation & Nutrition**

- Adequate food in the home for appetizing and nutritious meals that accommodate your medical conditions?
- Preparing well-balanced meals? If not have you considered meal delivery?

### **Home Maintenance & Emergency Systems**

- Falls? Are they frequent or becoming a fall risk?
- Is there plenty of light throughout the home, especially near stairs?
- Are floors free from clutter, electrical cords, loose rugs or raised thresholds?
- Are there handrails for steps inside and outside the home?
- Do you have a life alert system? Did you know Auto Alert/Fall Detection systems are available if one becomes incoherent?
- Is the phone and emergency numbers (pre-programmed) & within reach and/or always on hand?
- Are smoke detectors in working order? Fire extinguisher nearby?
- Able to perform household duties such as washing dishes, doing laundry, dusting, vacuuming? Have help or considered hiring outside help?
- Are you able to take care of your pet/s? Dogs walked – litter box clean?

### **Health Care and Medications**

- Are you visiting your physician on a regular basis?
- Is your Primary Physician aware of all medications you are currently taking? Are there multiple Physicians prescribing and filled numerous pharmacies involved?
- Taking medication at the correct time and dosage? Have you considered a medication system that have reminders with advanced technology to notify family when dosage missed?
- Dementia and/or Memory Loss – does your Primary MD know? Does he/she think you would benefit from a Neurologist consult?

### **Transportation & Mobility**

- Is the Senior able to drive safely – take DMV quiz – [dmv.ca.gov](http://dmv.ca.gov) website.
- Is the Senior able to go alone on errands/MD appointments? Signed up with Para Transit or other transportation service?
- Is the senior getting regular exercise?

### **Financial Management**

- Do you have your finances and Long-Term planning in order? When a loss of spouse, know what sole income will be?
- Able to pay bills and manage assets efficiently without vulnerability?

### **Loneliness & Socialization**

- Do you participate in any senior activities outside your home? Or are you feeling depressed or isolated? Do you have hobbies or interest? What are you doing for mental and emotional stimulation?

### **Bathing & Personal Care**

- Are you able to get in and out of the tub/shower without assistance? Shower Bench available?
- Do you have nonskid mats in the tub/shower?
- Grab bars installed?
- Is everything that you need to bathe accessible?

Recognizing, accepting and working with senior's frailties and limitations as they arise can prolong independence and avoid decline. As your loved one ages, be mindful of their limits. Often professional help can avert a crisis and be preventative. *Copywrite of HOME Agency – 916-977-0188 – visit our website: [housing-options.com](http://housing-options.com) or email: [home@housing-options.com](mailto:home@housing-options.com).*