

Safety Tip Checklist

Areas that may require assistance in the home:

Meal Preparation

- Is there adequate food in the home for appetizing and nutritious meals that also accommodate your medical needs?
- Are you able to prepare well-balanced meals yourself?

Home Maintenance & Emergency Systems

- Is there plenty of light throughout the home, especially near stairs?
- Are floors free from clutter, spills, electrical cords, loose rugs or raised thresholds?
- Are there handrails for steps inside and outside the home?
- Are telephone and emergency numbers within reach?
- Are smoke detectors in working order, along with a fire extinguisher near by?

Housekeeping

- Are you able to perform household duties such as washing dishes, doing laundry, dusting, vacuuming and also fully taking care of your pets?
- Do you have nonskid mats in the tub/shower?

Health Care and Medications

- Are you visiting your physician on a regular basis, as well as exercising regularly?
- Is your physician aware of all medications you are currently taking?
- Are you able to dispense your medication at the correct time, with the correct dosage?

Transportation & Mobility

- Are you still able to drive, or do need someone to help you with your errands?
- Do you use a cane or walker?
- Have you had a recent fall in the home, or have trouble getting in and out of bed?

Financial Management

- Do you have your finances and Long Term planning in order?
- Are you able to pay your bills and manage your assets in a timely manner?

Loneliness

- Do you participate in any senior activities outside your home? Or are you feeling depressed or isolated?

Bathing & Personal Care

- Are you able to get in and out of the tub/shower without assistance?
- Do you have to grab bars in the bathroom?
- Is everything that you need to bathe yourself in easy access?