



ADVANCED SENIOR SUPPORT
CONTACT US NOW: 614-891-7480
855 S SUNBURY RD WESTERVILLE, OH

IN-HOME SAFETY CHECKLIST

HALLWAYS & ENTRYWAYS

- ☐ ADD NIGHT-LIGHTS FOR SAFE NAVIGATION
- ☐ ENSURE PATHWAYS ARE WIDE ENOUGH FOR WALKERS/CANES AND FREE OF CLUTTER
- ☐ SECURE OR REMOVE LOOSE RUNNERS/RUGS
- ☐ MAKE SURE HANDRAILS ON STAIRS ARE STURDY AND EASY TO GRIP

BATHROOM

- ☐ NON-SLIP MATS IN THE TUB/SHOWER
- ☐ GRAB BARS SECURELY INSTALLED NEAR THE TOILET AND IN THE SHOWER
- ☐ BRIGHT LIGHTING FOR NIGHTTIME USE
- ☐ RAISED TOILET SEAT OR SHOWER CHAIR IF NEEDED
- ☐ ALL TOILET PAPER OR SUPPLIES WITHIN EASY REACH

KITCHEN

- ☐ HEAVY ITEMS STORED ON EASY-TO-REACH SHELVES
- ☐ OVEN AND STOVE KNOBS CLEARLY MARKED
- ☐ FIRE EXTINGUISHER ACCESSIBLE AND READY TO USE - WITH KNOWLEDGE ON HOW TO DO SO
- ☐ COUNTERS CLEARED FOR SAFE MEAL PREP

CONTINUED

BEDROOM SAFETY

- ☐ KEEP ESSENTIALS WITHIN REACH (WATER, PHONE, GLASSES, ETC.)
- ☐ BRIGHT NIGHT-LIGHTS OR MOTION SENSORED LIGHTS
- ☐ ENSURE CLEAR, WIDE PATHWAYS FROM BED TO DOOR/BATHROOM
- ☐ ADJUST BED HEIGHT FOR SAFE TRANSERS

FALL PREVENTION

- ☐ SUPPORTIVE, NON-SLIP FOOTWEAR WORN INDOORS FOR STABILITY
- ☐ REMOVE TRIPPING HAZARDS (LOOSE CARPETS OR CORDS, CLUTTER IN WALKWAY, REMOVE ALL THROW RUGS, ETC.)
- ☐ INSTALL BASIC SAFETY SUPPORTS IN MOST COMMONLY USED AREAS
- ☐ STRENGTHEN BALANCE/MOBILITY WITH STRETCHING OR GENTLE EXERCISES

LIVING AREAS

- ☐ PHONE AND EMERGENCY NUMBERS WITHIN EASY REACH
- ☐ CHAIRS WITH STURDY ARMRESTS FOR SAFE SITTING/STANDING
- ☐ FURNITURE ARRANGED FOR WIDE WALK PATHS
- ☐ LIGHTS AND SWITCHES ASSESSIBLE AND WELL-LIT

EMERGENCY CARE

- ☐ SMOKE AND CARBON MONOXIDE DETECTORS INSTALLED AND CHECKED REGULARLY
- ☐ UP-TO-DATE MEDICATION AND DOCTOR LIST KEPT IN A VISABLE SPOT
- ☐ SIMPLE EMERGENCY EXIT PLAN IN PLACE
- ☐ WEARABLE MEDICAL ALERT DEVICE CONSIDERED
- ☐ ADVANCED DIRECTIVES UPDATED AND EASILY ASSESSIBLE

CONTINUED

MEDICATION & DAILY ROUTINES

- ☐ ENSURE MEDICATIONS ARE ORGANIZED AND LABELED CLEARLY AND CORRECTLY
- ☐ HAVE A WEEKLY PILL BOX OR DISPENSER TO LOWER THE RISK OF MISTAKES
- ☐ SET REMINDERS, MISSING DOSES CAN BECOME DANGEROUS
- ☐ ENSURE YOU SPEAK WITH YOUR DOCTOR IF BALANCE AND/OR DIZZINESS BECOME A CONCERN AS MEDICATIONS CAN SOMETIMES EFFECT THIS

LIGHTING & VISIBILITY

- ☐ ENSURE BRIGHT, EVEN LIGHTING IN ALL MAIN LIVING AREAS
- ☐ USE NIGHT-LIGHTS IN HALLWAYS, BATHROOMS, AND BEDROOMS
- ☐ IMMEDIATELY REPLACE FLICKERING LIGHTS OR LIGHTS THAT HAVE STARTED TO DIM
- ☐ CONSIDER MOTION ACTIVATED LIGHTS FOR NIGHTTIME SAFETY

OUTDOOR ENTRANCES

- ☐ WALKWAYS FREE OF ICE, LEAVES, AND/OR ANY LOOSE DEBRIS
- ☐ STEPS AND RAILINGS OPERATIONAL AND SECURE - HANDRAILS ON
- ☐ STAIRS NEED TO BE STURDY AND EASY TO GRIP

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THIS CHECKLIST IS DESIGNED TO SUPPORT HOME SAFETY BUT CANNOT GUARANTEE THE PREVENTION OF ACCIDENTS OR INJURIES. FOR PERSONALIZED GUIDANCE, PLEASE REQUEST AN IN-HOME ASSESSMENT WITH ADVANCED SENIOR SUPPORT HOME HEALTH & MOBILE THERAPY. YOU CAN CONTACT OUR TEAM DIRECTLY AT 614-891-7480 OR VISIT OUR WEBSITE WWW.ADVANCEDSENIORSUPPORT.COM TO LEARN MORE