

## **Home Safety for Senior Adults**

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### **ENTRANCE:**

- Can you enter the house or apartment safely?
- Is a secure railing present?
- Can you view visitors prior to entry?
- Is the lock in working order?

### **LIVING AREAS:**

- Is the doorway accessible?
- Is there an uncluttered walking pathway?
- Can you get up and down safely from the sofa and chair?
- Can you open and close the windows?
- Can you manage the television?
- Can you manipulate the light switches?
- Are cords out from beneath carpeting and furniture?

### **KITCHEN:**

- Is the doorway accessible?
- Are the appliances in working order?
- Can you manipulate the faucets of the sink?
- Can you open and close the refrigerator and freezer?
- Can you open and close high and low cabinets?
- Is adequate workspace available?
- Can you reach the dishes, pots, silverware, and food supply?
- Can you reach the stove controls?
- Can you manage the stove door?
- Can you reach the outlets?
- Can you safely transport food to eating area?
- Are sharp objects stored safely?
- Are flammables kept away from the stove area?
- Do you have a step stool which is stable and in good repair?

### **BEDROOM:**

- Is the doorway accessible?
- Can you get up and down safely from the bed?
- Is the light accessible from bed?
- Can you reach the phone?
- Can you reach your clothes in the closet and dresser?
- Is there a clear path to the bathroom?

### **BATHROOM:**

- Is the doorway accessible?
- Can you safely transfer into the tub or shower?
- Will a tub bench or tub chair be needed?
- Is a bath mat or are non-skid strips in place?

- Can you safely transfer to the toilet?
- Will a safety frame, raised seat or grab bar be needed?
- Can you reach the outlets?
- Can you manipulate the light switches?
- Can you functionally use the sink?

#### STAIRWAYS:

- Is a secure handrail present?
- Is there adequate illumination?
- Is the carpet secure?
- Are the steps free of clutter?

#### GENERAL:

- Are there working smoke detectors on every floor?
- Do you have a carbon monoxide detector?
- Are electrical cords free of frays?
- Are there no outlets or switches which are unusually warm or hot to touch?
- Is there adequate illumination throughout the house?
- Are small rugs and runners slip-resistant?
- Is the house free of pests?
- Are the plumbing and utilities working?
- Are you able to retrieve the mail safely?
- Are emergency phone numbers posted on or near the telephone?
- Do you have access to a telephone if you fall?
- Are all medicines stored in the containers that they came in and are they clearly marked?

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If you need additional help or want to take a look at the assistive products offered by the Solutions for Better Aging feel free to call our office at 314-961-1002 or 636-391-0000.

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