



## ROOM-BY-ROOM SAFETY FOR THE OLDER ADULT

This information is not to be considered medical advice or take the place of medical care. All material is to be considered following a consultation with your physician. Inspect & repair any poorly condition material in your home to prevent injury. Check the items below & make needed changes to your home. Consider using adaptive equipment to make your everyday tasks easier and safer.

### Entrance/exit & Hallway/Stairs

1. \_\_\_\_\_ Walk path clear & no trip/slip hazards. Repair flooring & stairs. Add rails if needed for unlevel terrain & at stairs.
2. \_\_\_\_\_ clean/remove water, snow or other fall hazards immediately. Be prepared for weather hazards such as snow & place tarp down &/or salt to clean snow or ice from walk path.
3. \_\_\_\_\_ Repair & maintain proper working condition of doors & screens & make easier to open.
4. \_\_\_\_\_ Adequate lighting & add color strips at steps or any change in flooring heights.
5. \_\_\_\_\_ Rails recommended height 34 inches & diameter 1.5 inches.
6. \_\_\_\_\_ remove throw rugs unless secured to floor & not tripping hazard. Place secure throw rug to collect extra water or slipping hazard off shoes.
7. \_\_\_\_\_ Steps should be 7.2 inch riser height & 12 inch width.
8. \_\_\_\_\_ Remove all clutter from stairs
9. \_\_\_\_\_ Add rails to one or both sides of stairs.
10. \_\_\_\_\_ adequate lighting at stairs & install light switch at both ends of hallway & stairs top/bottom. Consider nightlights if needed.

### Main Living Area(s)

1. \_\_\_\_\_ Clear area of unwanted or unused furniture they may be a tripping hazard. Clear furniture to make a straight walk path. Rearrange furniture if needed to make area safer such as using back of couch to hold while walking from one room to another.
2. \_\_\_\_\_ Change height of surfaces to make getting up and down easier.



3. \_\_\_\_ Clear walk path of any items, cords, or rugs that may be a tripping hazard.
4. \_\_\_\_ Maintain good condition of furniture & any equipment for safety.
5. \_\_\_\_ Do not place cords under rugs. Install extra outlets & phone jacks as needed.
6. \_\_\_\_ Use remotes for any needed appliances & ceiling fans.
7. \_\_\_\_ Use cordless phones or have a phone jack to have a phone available while in living area.
8. \_\_\_\_ Never use adapters in electrical outlets or extension cords for permanent amount of time.

## **Kitchen**

1. \_\_\_\_ Use GFCIs: Ground circuit interrupters near water areas such as in kitchen, bathroom or laundry to reduce risk of electrical shock. Never overload electrical outlets with adapters or extension cords.
2. \_\_\_\_ Have appliances checked routinely as manufacturer recommends & follow all fire safety & gas safety guidelines.
3. \_\_\_\_ Install smoke detectors, carbon monoxide detectors in appropriate place, & fire extinguishers in kitchen. Inspect regularly for proper working condition. Know how to use fire extinguishers & have proper type for kitchen fires.
4. \_\_\_\_ remove unsecure throw rugs & place only in heavy water area. Clean up spills immediately.
5. \_\_\_\_ No wax or polish on floors.
6. \_\_\_\_ Keep commonly used items within reach. If you need a step stool then use a metal sturdy one with a high bar. Try to avoid climbing all ladders unless your are safe to climb, steady good conditioned ladder & not alone.
7. \_\_\_\_ Use proper cooking safety top: Never leave kitchen when cooking. Never cook with loose clothing & never leave paper products or anything within 3 feet of a hot surface or open flame that may catch on fire. Always use hand protecting gloves/oven mittens to retrieve hot items. Check controls of over & stove before you leave the home. Use automatic shut-off appliance for coffee pot & iron or other appliances. Use cook timer on your over for safety when food is done the over will automatically shut off.



8. \_\_\_\_\_ Never make a habit of storing or placing items on a top stove. The surface may be hot & you may not know this & items may catch on fire.

Always use proper lighting & use color coded strips for specific items if your vision is decreased.

Medicines should be stored locked & away from small children. You may request non-child proof lids for your medicine if you do not have small children in the home.

## **Bathroom(s)**

1. \_\_\_\_\_ Install grab bars where needed in bath/shower or near toilet.
2. \_\_\_\_\_ remove any throw rugs that are a fall hazard or not secure to the floor. Rugs will help catch standing water to prevent falls but must be secure to floor & not slip.
3. \_\_\_\_\_ Use non-skid material in bath/shower to prevent slips. Use liquid bath soap & hair products that are attached to wall for safe retrieval & storage while showering or bathing.
4. \_\_\_\_\_ Use adaptive equipment if needed over toilet or in bath such as an elevated toilet seat or bath bench. Additional items make bathroom tasks easier such as hand held shower, grab bars inside shower, long handled sponge, etc.
5. \_\_\_\_\_ Keep items within reach.
6. \_\_\_\_\_ Use grounded outlets in bath area.
7. \_\_\_\_\_ Never use small appliances or electrical devices near water.
8. \_\_\_\_\_ Store medicine in locked containers if needed & out of reach of small children. Separate your medicine for easier use & storage.
9. \_\_\_\_\_ Keep all flammables or any material 3 feet or more away from heating source such as a space heater. Use caution with space heaters or any heating source if your skin sensation is decreased.
10. Have all heating sources inspected for safety.



## Master Bedroom

1. \_\_\_\_ Clear walk path. Remove any unwanted or unused furniture that may be a fall hazard.
2. \_\_\_\_ remove rugs & cords and repair any loose flooring that may be tripping hazard.
3. \_\_\_\_ keep telephone or cellular phone near nightstand in the event there is an emergency .
4. \_\_\_\_ Keep flashlight & extra batteries in nightstand or near bed.
5. \_\_\_\_ Consider defense weapons & escape plan in the event there is an intruder in your home.
6. \_\_\_\_ Keep all firearms stored safety if there are children in the home. Lock all firearms & store ammunition separately.
7. \_\_\_\_ Consider additional safety devices for bedroom as needed such as bedrails or bars and gait devices.
8. \_\_\_\_ Use remotes as needed for television, lamps, fans, etc.
9. \_\_\_\_ To prevent skin burns never use electrical heating pads after applying topical creams or ointments to skin that may numb the sensation of your skin.
10. \_\_\_\_ Use a weather alert radio or register with your local weather station to be alerted if poor weather conditions are in your area.