

Home Safety FOR SENIORS



Home Safety Checklist



When it comes to senior home safety, small changes can make a big difference. It's important to go room-by-room to identify potential hazards and find ways to make your senior's living space safer.



KITCHEN

- Make sure the room is well-lit
- Move all cooking utensils to cabinets within easy reach
- Provide pots that have two handles
- Replace glass items with plastic
- Inspect smoke detectors at least every three months
- Invest in automatic shut-off devices for the stove & other appliances



BATHROOM

- Install grab bars in the bath/shower and near the toilet
- Replace the standard toilet with a raised or high-profile toilet
- Add textured, non-slip strips to the shower/tub
- Invest in a shower chair
- Replace standard faucet handles with levers that are easier to use
- Install bright lighting and night lights
- Make sure necessities are easily accessible



LIVING ROOM, BEDROOMS & HALLWAYS

- Clean up the clutter - magazines, books, extension cords and other items that may be tripping hazards
- Toss the throw rugs and tack down any loose carpet
- Add nightlights to help with guidance at after dark
- Replace standard doorknobs with lever handles



STAIRWAYS/OUTDOORS

- Install (or tighten) handrails on both sides of each stairway
- Place light switches & nightlights at the bottom and top of the stairs
- Replace outside steps with ramps
- Repair uneven spots in sidewalk/driveway



HCAN caregivers are trained to provide everything from companionship to personal and Alzheimer's care. Because every senior is unique, we work with families to develop a customized care plans to meet their specific needs.

Get in touch today!

