

Keeping Your Loved One Safe At Home

ADDITIONAL TIPS

Fire and Electrical Safety

- Test smoke and carbon monoxide detectors regularly
- Avoid overloading power strips
- Remove candles

Stair and Elevation Changes

- Check railings for stability
- Consider moving frequently use items to lower levels

Locks & Keys

- If wandering is a concern, consider specialized locks
- Install door alarms and alerts

Medicine Safety

- Secure medications to prevent misdosage

Assistive Technology

- Consider monitoring tools or alert systems that notify you if something happens

Evaluating your home for safety helps your loved one stay comfortable and independent while reducing the risk of falls, injuries, and emergencies. Every home and health situation is different, but these tips can help you get started.

1

Prevent trips and falls.

Keep floors clear by removing throw rugs and unnecessary furniture, and move cords so they don't cross walking paths. Non-slip socks or shoes and bright lighting – especially around stairs – make everyday movement safer and easier to navigate.

2

Assess lighting.

An 85-year-old needs about 3 times the amount of light than a 15-year-old. Consider replacing bulbs, increasing lighting, and adding motion-sensored lights in hallways and stairways. Good light can greatly reduce confusion and accidental falls.

3

Check the bathroom.

Bathrooms are a common source of slips and burns. Install grab bars, use non-slip bath mats inside and outside the shower, limit water heater temperatures to prevent scalding, and use a nightlight for safe nighttime visits.

4

Evaluate the kitchen.

Store knives, cleaning supplies, and small appliances out of reach, turn pot handles inward on the stove, and use automatic shut-off devices or appliance timers when possible to prevent fires or burns.

5

Make emergency information easy to find.

Gather and place emergency contact information in an accessible location or near a phone. Consider including 911, emergency contacts (yourself, other family members or friends), professional caregivers, and the primary healthcare provider (PCP)'s office.

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