

SAFE AT HOME

A checklist for the homes of aging adults

General Safety

- ✓ Are medications stored in one area or according to instructions on label? *Consider storing all medications in an **NCBAM Red Bag**. Emergency responders are trained to look for red bags. Call 1-877-506-2226 for more information.*
- ✓ Is carpeting frayed or torn? Is non-carpeted flooring slippery? Are traffic areas free of clutter and throw rugs?
- ✓ Are appliance, extension or telephone cords in traffic areas or tucked under rugs or furniture? *Phone and electric cords should be tacked against wall or safely out the way.*
- ✓ Are alarms present and working? Burgler? Smoke? Carbon-monoxide?
- ✓ Are light bulbs working and of appropriate wattage? Is home adequately lit inside and out? Are nightlights in the bedroom, bathroom, and hallway? *Advise that keeping these areas softly lit at night reduces fall risk.*
- ✓ Is the aging adult wearing safe footwear? Aging adults should avoid slippers and wear low-heeled shoes with rubber soles when inside or out.

Living room

- ✓ Are chairs and sofas sturdy with arms, and not too low or deep? Aging adults should be able to easily sit and rise.
- ✓ Are multiple cords plugged into extension cords or extension outlets? *Advise replacing with power strips.*

Kitchen

- ✓ Can stored items be easily reached? If appropriate, is a sturdy stepladder with handrails available?

Bedroom

- ✓ Is a lamp or flashlight within reach of the bed?
- ✓ Is a sturdy chair with armrests available for dressing?

Bathroom

- ✓ Are rubber mats in the tub or shower?
- ✓ Are grab bars near the toilet and tub or shower?
- ✓ Does the bathroom rug have a non-skid backing?

Stairways and Halls

- ✓ Do steps have non-skid strips or is the carpeting secure?
- ✓ Are sturdy handrails on both sides of the stairs?

Outdoors

- ✓ Are steps and walkways in good condition?
- ✓ Do shrubs hide the view of the street? Keeping the view clear brings in more light, reduces tendencies to be hidden away, and also makes the area less prowler-friendly and more accessible to emergency responders.

Thank you for your time and service to make the home of an aging adult safer. You'll probably never know the difference you made!