

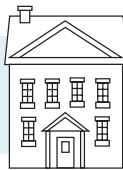
# Home Safety Checklist for Adult Carers

Use this checklist to make sure that your loved one's routine is as beneficial as possible and that their home doesn't pose any health or safety hazards.



## General

- Find someone to check on the individual daily.
- Schedule vision check.
- Discuss medications with physician to determine affects on balance.
- Establish light exercise routine.



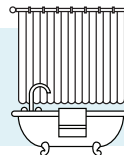
## All Rooms

- No loose carpeting or rugs that do not have a non-slip backing.
- Traffic areas free of furniture.
- Electrical cords and other wires taped against walls.
- Bright lighting with switches and all light bulbs in working order.
- Telephones placed on tables at a height that can be reached from the floor.



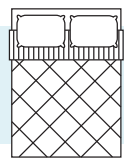
## Stairs and Inclines

- Free of items.
- Plenty of room to move at top and bottom.
- No loose carpeting or edges to catch on.
- Handrails securely attached and at the proper height for user.
- Proper lighting on all steps, including switches at top and bottom of stairs.



## Bathroom

- Grab bars near the bath, shower and toilet located and mounted properly.
- Non-slip surfaces in the bath or shower.
- Nightlight for when first entering the room.
- Rugs or bathmats with non-slip backing on the floor.
- Shower/bath bench or seat.



## Bedrooms

- Bedside table with non-tip lamp and room for glasses.
- Clear traffic area from bedroom to bathroom.
- Comfortable, sturdy chair to aid in dressing.



## Kitchen

- Items placed where they can be reached without the use of a stool.
- Area to sit during food preparation.
- Flooring free of cracks, splits or up-turned edges.