

# Home Safety Checklist for adult caregivers

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 and/or follow-up appointments following discharge.
- Find someone to assist with transportation for appointments and other needs.
- Discuss medications with physician to determine effects on balance. Look for expired prescriptions.
- Check on utilities to ensure they are working.
- Place nightlights in hallways, bathrooms and bedrooms.
- Establish light exercise routine, if appropriate.
- Review care plan with client, caregiver/family.



## All Rooms

- Remove loose carpeting or rugs that do not have a non-slip backing.
- Clear traffic areas of furniture.
- Tape electrical cords/other wires against walls.
- Install bright lighting with switches and working light bulbs.
- Place telephones on tables at a height that can be reached from the floor.



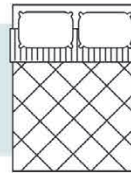
## Stairs and Inclines

- Keep free of items.
- Clear plenty of room to move at top and bottom.
- Repair loose carpeting or edges.
- Securely attach handrails at the proper height for user.
- Install proper lighting on all steps, including switches at top and bottom of stairs.



## Bathroom

- Ensure grab bars near the tub, shower and toilet are mounted properly.
- Place non-slip surfaces in the tub or shower.
- Place nightlight near room entrance.
- Add non-slip backing to rugs or bathmats on the floor.
- Add shower/tub bench or seat.



## Bedrooms

- Place non-tip lamp on bedside table to allow room for eyeglasses.
- Clear traffic area from bedroom to bathroom.
- Use a comfortable, sturdy chair to aid in dressing.



## Kitchen

- Place items where they can be reached without the use of a stool.
- Create area to sit during food preparation.
- Repair flooring which has cracks, splits or up-turned edges.
- Refrigerator stocked with nutritional food and free of expired foods.

*Caregivers must spend at least 80% of their work time providing fellowship, care and protection for clients. Any general household work must be less than 20% of the caregiver's working time during each shift.*