

Home Safety Tips for Seniors

Please use the following checklist to learn how you can make simple, inexpensive home modifications that will make life much safer for you and your family members.

General Home Safety

- Install working smoke detectors on each floor
- Post emergency fire, ambulance, and poison control numbers next to each phone
- Provide accessible fire extinguishers on each floor
- Devise an emergency exit plan for each room and floor of the house
- Make sure windows and doors open without difficulty and are easy to reach
- Remove small rugs and runners to prevent tripping
- Provide bright lighting in all rooms
- Make sure electrical outlets and light switches are easy to reach
- Remove electrical and phone cords from pathways
- Consider using a walker, cane, or handrails for safer mobility
- Put the mailbox in a place where mail can be easily retrieved

Outside

- Remove or repair objects that may cause tripping, such as rocks, mats, etc.
- Equip steps with handrails
- Add non-skid adhesive strips to prevent slipping on outside steps

Bedroom

- Adjust beds so they are low enough to sit comfortably while getting into bed, yet high enough to permit easy standing
- Maintain a clear path to the bed
- Use bedside commodes or bedpans for seniors with mobility problems
- Pad corners of bedside tables
- Use an adjusting hospital bed or over-hanging grab bar for seniors who have difficulty getting out of bed
- Install a phone next to the bed to use in case of an emergency
- Remove electrical and phone cords from pathways
- Provide bright lighting

Bathroom

- Install non-skid adhesive strips on the bottom of the tub and a non-skid mat on the floor next to the tub
- Install grab bars in the shower and consider the use of a tub chair
- Install grab bars around the toilet and consider the use of a toilet-raiser
- Provide bright lighting

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Home Safety Tips for Seniors *(continued)*

Living Room

- Make sure your loved one's favorite chair provides adequate postural support
- Choose a chair that is easy to get in and out of
- Use a chair with a lift if the individual has difficulty standing up
- Consider placing a table next to the chair to keep necessary items nearby
- Install a phone next to the chair to use in case of an emergency
- Maintain uncluttered pathways
- Remove electrical cords and phone cords from pathways
- Provide bright lighting

Kitchen

- Keep appliances in good working order
- Use extender arms and step stools to reach items that are inaccessible
- Make sure dishes, pots, utensils, and food supplies are easily accessible
- Lower cabinets, sinks, and shelves for wheelchair users
- Position bright, non-glare lighting in kitchen work areas
- Use a stove with easily accessible controls
- Keep flammable items, such as potholders and towels, away from the stove area

Stairways

- Install secure handrails
- Provide bright lighting
- Secure carpeting
- Add non-skid adhesive to steps without carpets to prevent falls

If you are concerned about your safety or the safety of a loved one, Seniors • At • Home can help. We offer a comprehensive range of services, including award-winning home care and care management, that can help you live more independently in your own home.

Contact us today to find out how we can assist you.

415-449-3777 • Info@SeniorsAtHome.org • www.SeniorsAtHome.org

