

Senior Home Safety Checklist

Check your home for the following:	Done
If you live alone:	
* Have someone you can call everyday (or who can call you) for a "Wellness	
* Obtain a personal alarm system in case you fall and can't reach a phone. Personal alarms can be obtained from companies such as: Life Alert @ 1-800-360-0329, LifeStation @ 1-800-884-8888 and Connect America @ 1-800-906-0872	
Throughout Your Home:	
Emergency telephone numbers are posted on or near the telephone and you have access to a phone if you fall	
Emergency exit plan exists, and an alternate plan exists in case of a fire	
Smoke detectors are properly located and work.	
Keep space heaters away from flammable materials	
Lamp, extension and telephone cords are out of traffic flow, are not under furniture or rugs/carpeting, are not attached with nails or staples, and are not frayed/cracked.	
Rugs, runners and mats are slip resistant.	
Passageways, hallways and exits are well lit and are kept clear.	
Kitchen Area:	
* Towels, curtains and other things that might catch fire are not near the oven/range	
* Ventilation and range exhaust systems work properly	
* Extension/appliance cords are not near sink or range	
* Good, even lighting exists in stove, sink and countertop work areas	
* A good, stable step stool with a top handrail is available	
Bathroom/Shower Areas:	
* Bathtubs/showers have non-slip surfaces and have grab bars	
* A light switch is located near the entrance	
* Small electrical appliances such as hair dryers, shavers, etc. are unplugged when not in use.	
Bedrooms:	
* Lamps/light switches are within reach of your bed	
* Ash trays, smoking materials and other fire sources are located away from your bed	
* Nothing is covering the electric blanket when in use	
* The electric blanket is not "tucked in"	
* A telephone is close to the bed	
Basement/Garage:	
* A light switch is located near the entrance and work areas are well lit	
Stairs:	
* When using the stair, always grip the handrails	
* Keep stairs well lighted	
* The steps allow secure footing and the coverings on the steps are in good condition	
* The steps are even and the same height	
* You can clearly see the edge of the steps	
* Nothing is stored on the stairway, even temporarily	