



Home Seniorization Checklist

With more people choosing living at home instead of assisted living or nursing facilities, the home that may have served them well for years can have potential hazards that should be addressed. This checklist is not meant to be exhaustive but to capture some of the most important or easily overlooked steps to make the home a safer place to live.

Kitchen Checklist

- Remove knobs from the stove or unplug from the wall to prevent accidents
- Place items used often within reach and off high shelves
- Lock up all cleaning products
- Inspect refrigerator for foods that are expired to prevent food borne illness
- Replace cabinet and drawer handles with styles that are easier for older hands to grasp

Medication Safety

- Ration out medications and put in daily dose packs to prevent errors in medication delivery
- Throw out expired prescriptions
- Ask pharmacy for child resistant containers
- Dispose of any medications in unmarked bottles, keep all prescriptions in original containers to store safely



Bedroom Safety

- Don't allow smoking in bed and remove all sources of flame from the bedroom
- Wear nonskid socks to avoid falls when getting up in the middle of the night
- Move breakable items or furniture with corners/edges away from the bed to reduce the chance of serious injury in case of falls from bed
- Remove throw rugs, particularly from around the sides of the bed, to avoid slipping or tripping while getting in or out of bed



General Living Area Safety

- Remove clutter from passageways to prevent falls
- Check stairways for safety: treads that are secure, carpeting that is not loose or worn, even heights of risers, nails that are protruding, clutter stored on steps, secure handrails, etc.
- Inspect furniture for wear and tear so that it will take the weight if leaned on for support
- Reposition furniture in room to reduce clutter, fall risks and make passageways clear
- Caution with walking on surfaces such as tile, wet areas, icy walkways, in stocking feet, over curbs and in new places
- Make sure handrails are installed and secure for all steps, including any at entryways to the house

Bathroom Checklist

- Put in non-skid surfaces in bathroom tubs, showers and floors
- Set water heater to 120 degrees or less to help prevent scalding
- Install anti-scald valves at the tub, shower and sinks
- Install grab bars in tub and for accessing toilet
- Replace faucet fixtures with models having lever-type handles that are easier to manipulate
- Consider transfer benches, bath lifts and other devices for bath access
- Buy shower/tub chairs to make bathing safer
- Throw out straight razors and purchase electric razors
- Install hand held shower sprayer for ease in bathing
- Add a raised toilet seat or replace the toilet with a taller model to make transferring on and off the toilet easier



Peace of Mind

- Install web cam to keep an eye on your elder while you are at work
- GPS locators can be used in case of emergency
- Call button systems that alert authorities in case of emergency that can be worn around the neck or wrist
- Purchase cordless phones or cell phones that can be carried with an elder throughout the house in case it is needed quickly
- Add phone numbers to National Do Not Call Registry at 888-382-1222 or www.donotcall.gov to reduce nuisance calls and potential scams



Household Safety

- Post poison control numbers and emergency contact numbers near your phone or on the refrigerator, include street address for use in emergencies
- Install nightlights throughout the house to light the way
- Remove electric cords that can become tripping hazards
- Remove throw rugs to prevent falls
- Install ramps to provide easy access
- Install or inspect smoke alarms for proper functioning
- Remove car keys if your elder is unable to drive a car safely
- Inspect walkways and driveways and repair any areas that might trip up an elder
- Remove any frayed electric cords, small appliances that may be faulty especially space heaters and check all mechanical systems that may need service
- Check out light levels and be sure adequate lighting is near work areas and hallways as decreased vision combined with low light can be dangerous
- Check footwear for non-skid soles and good repair
- Dispose of flammable liquids like solvents, paint, gasoline, and other liquids that may ignite

