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## **Quick Guide:**Making Home Safer for Your Parent

A safe living environment is paramount. Gradually introduce any changes that need to be made, but don't wait to get started. The changes you make today can help prevent emergencies and accidents, while making it easier for your parent to age at home. Keep in mind that the lists in this guide are not exhaustive and can be customized for your personal use.

Assessing the home for potential hazards			
Have a discussion with your parent before making any modification plans to their home, and keep them involved in the decision making process. Ask about any areas that may be hard for them to navigate or utilize. Walk through the home yourself and look for any of the items listed below that need to be addressed.			
Chairs that easily slide when pushed Laundry on the floor			
Cluttered tabletops Loose rugs			
Cluttered walking areas Mail or paper on the floor			
Dark or dimly lit areas  Sudden changes in floor level			
Expired food Uneven floor surfaces			
Exposed chemicals Unorganized medication			
Exposed electrical cords  Unsanitary conditions, especially in the bathroom or kitchen			
Furniture with sharp edges Unstable furniture			
Notes			

Assessing the home for safety and modifications				
Use this checklist while assessing and modifying your parent's home for safety.				
Check lighting and be sure light switches are easy to locate and use	Install stairlift			
Check smoke and carbon monoxide detectors	Label hot and cold clearly on all faucets			
Clear doorways and pathways of clutter, small furniture, electrical cords, etc.	Make sure medication is properly labeled; throw away expired medication			
Install a raised toilet seat	Post emergency information by the phone or on the refrigerator			
Install grab bars in bathrooms and near closets or beds in bedrooms	Program the phone with 911 on speed dial			
Install non-slip mats in the kitchen, bathroom and other areas exposed to moisture	Remove or tack down loose rugs			
Install rails along stairs and hallways	Remove wobbly, unstable furniture			
Increasing safety and accessibility				
Consider the following common assistive devices and items to help your parent. Inspect all equipment your parent may have for safety and functionality. Replace any damaged, outdated or unsafe devices. Talk to your parent's health insurance provider about purchases that may be covered under their plan.				
Bedside toilet	Shower chair			
Cane	Tripod			
Medical alert bracelet or pendant	Walker or rollator			
Reaching aid	Wheelchair			
Notes				

