

# Are you prepared to rehab at home?

## A safety checklist courtesy of Atria Senior Living

After a hospital stay, it's natural to welcome the comforts of home. However, it can be overwhelming to manage everyday tasks and rehab procedures. Trying to do too much, too soon could delay recovery. Consider these questions when planning your rehab.

Will you be able to manage all of your medications and maintain a nutritious diet?  Yes  No

Will you be able to transfer safely from a chair or bed to a standing position?  Yes  No

Will you be able to use the microwave and stove without assistance?  Yes  No

Will you be able to open cabinets and drawers safely to access everyday items?  Yes  No

Will you be able to get in and out of a vehicle without assistance?  Yes  No

Will you be able to move up and down stairs without the support of a ramp or rail?  Yes  No

Will you be able to move comfortably through your house with a wheelchair, walker or other assistive device?  Yes  No

Will you be able to transfer safely in/out of a bathtub without handrails, and on/off an unelevated commode seat?  Yes  No

Will you be able to lock your windows and doors easily?  Yes  No

Do you have a safety plan with an emergency call system, easily accessible contact numbers and fire extinguisher?  Yes  No

Are your washer and dryer easily accessible?  Yes  No

Will you be able to safely gather your mail and newspaper?  Yes  No

If you answered "No" to even a few questions, a short-term stay at Atria can help. Here, you can recover in a fully furnished private apartment with housekeeping service, local transportation, nutritious, chef-prepared meals – and the peace of mind knowing the support you need is nearby 24/7.