



Senior Safety ✓ Checklist

Senior Safety Checklist- Each year, many older Americans are injured in and around their homes - often from hazards that are easily overlooked, but easy to prevent. By spotting these dangers and taking simple steps to correct them, many senior injuries can be prevented, and family caregivers can have extra peace of mind.

Below is a list of the top 10 common safety issues:

- ✓ **Tripping hazards such as loose area rugs or carpeting and small decorative objects**
- ✓ **No "life alert" or other pendant emergency alert system**
- ✓ **Spoiled food in the refrigerator**
- ✓ **Lack of safety bar in bathtub/shower**
- ✓ **Shower within tub/ No walk-in shower**
- ✓ **Lots of clutter/furniture make mobility difficult**
- ✓ **Steep steps**
- ✓ **Low supply of food**
- ✓ **Poor lighting**
- ✓ **No telephone near the bed**

Family caregivers should walk through their relative's home to make sure none of these hazards are present, and work with the senior to make he or she feels safe, depending on the type of physical limitations this person has and how severe they are.

Acquiring the necessary assistance, such as non-medical home care and safety-proofing your loved one's home, will put all family members at ease.