

HOME Safety CHECKLIST

Applegate & Dillman Elder Law understands the desire to age in place. Creating a safe environment at home is a great way to help keep your loved one at home longer. Use this Home Safety Checklist to help guide you as you create your safe space.

NOTES	Home Safety Tasks
	Emergency numbers and your home address is posted by your phone, fridge, and inside of any personal belonging you regularly have with you.
	Landline telephones are in each room or cell phone is attached to your person.
	Door Handles are lever-action handles rather than round knobs.
	Door thresholds are low and beveled or there are no thresholds.
	Windows are secure from the outside but open easily from the inside.
	Water heater thermostat is set at 120 degrees Fahrenheit or lower to prevent accidental burns.
	Medications are stored in a safe place or managed by automatic dispenser.
	Carpets and rugs do not wrinkle, fold, or lift.
	Cords are out of the way and hidden, free from the walkway to prevent tripping.
	Smoke alarms are present in various areas of the home and in working order.
	Items are placed on shelves in a range that is reachable without the need for stools or assistance.
	Small appliances are unplugged when not in use
	If there are stairs in the home, stairs are free of objects and have non-skid strips. Carpeting is secure and free of wrinkles or holes.
	Rooms and hallways are equipped with night-lights and well lit.
	Furniture is sturdy and secure.

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	Chairs and sofas are of a height that is not too low or too deep to get in and out of easily.
	Walkways are clear throughout the home leaving clear passageways for traffic.
	Furniture is positioned out of the flow of traffic as not to be used for mobility/transferring.
	Bathtub and shower are equipped with appropriate height grab bars and non-slip mats. Towel racks are not at a height that could be used in place of a grab bar. (Sometimes it is better to convert to towel hooks rather than a bar to hold the towel).
	Bathroom has even lighting.
	Bathroom door opens outwardly.
	All outlets in the bathroom are ground fault circuit interrupters (GFCI) that protect against electric shock.

Applegate & Dillman Elder Law is more than a legal firm. Our team of attorney's, nurses, and staff have over 150 years of combined elder care experience that can help your family plan for future care, while protecting your assets.



Contact our office for your complimentary consultation.
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