

Home Safety



LIGHTING

- Make sure the following areas have enough light:
 - stairs
 - bathroom
 - bedroom
 - kitchen
 - hallways
- Make sure there is a lamp within reach when your loved one is:
 - in bed
 - in the living room
 - anywhere else they would be sitting or lying down
- Make sure the pathway to the bathroom is well lit at night



FLOORS AND FURNITURES

- Make sure furniture is arranged with enough room to move around comfortably and safely
- Check that floors are not slippery and add anti-slip mats and tape where necessary, including:
 - the bathroom
 - the kitchen
 - loose rugs
- Check that your staircase has enough traction, add anti-slip mats where necessary
- Make sure that all the furniture is stabilized
- Make sure sharp edges/corners on counter-tops and tables are covered



KITCHEN

- Make sure all frequently used kitchen items are within reach:
 - dishes
 - glasses/mugs
 - cutlery
 - pots/pans
- Make sure you have a functioning carbon monoxide alarm and smoke detector, check the batteries once a month
- Consider installing temperature-controlled appliances that turn off automatically:
 - stoves
 - ovens



BATHROOM/TOILET

- If necessary, install support bars:
 - in the shower
 - next to the toilet
- Place anti-slip mats in the shower and near the sink
- If necessary, consider installing a shower chair
- If necessary, consider installing an elevated toilet seat



GENERAL SAFETY

- Make sure to have a list of emergency contact numbers that is accessible to you and your loved one
- Consider buying a portable medical alert device that your loved one can use to call for help in the event of an emergency