

# Home Safety

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## LIGHTING

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- 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

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- 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

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- 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

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- 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

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- 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