



We encourage you to be aware of some easy fixes to keep the house a safer environment. This one page quick check might help you identify some of the common areas that need attention. Remember that little things can make a big difference!

Home Safety

ACCIDENT PREVENTION

Bathroom

- Non-skid surface in shower
- Water temperature reduced to 120° or less
- Properly installed grab bars
- Raised toilet seat if needed

Interior Stairs

- Handrails on both sides of stairs
- Stairs free of clutter

Bedroom

- Most-used items within reach (phone, TV remote)
- Clear path to bathroom
- Nightlight

Kitchen

- Grabber to reach high items
- Expiration dates on food
- Appliances in good working condition

Exterior Stairs and Walkways

- Good lighting
- Hand rails
- Walkways in good repair

FIRE SAFETY

- Properly placed, working smoke/carbon monoxide detectors
- HVAC should have summer and winter professional inspection
- Working fire extinguisher in kitchen and garage
- Door and window locks in good working order
- Phone next to bed and living room chair
- No overloaded outlets or extension cords
- Emergency numbers in clear view
- Chimneys and flues cleaned
- Check flammables in garage
- No space heaters

OVERALL

- Good lighting with adequate wattage and easy to reach switches in all rooms
- Furniture should not have rollers or casters
- Flooring in good repair and no throw rugs
- Clear pathways and eliminate clutter in all rooms

COMMUNICATION

- Telephone in working order with extensions throughout the house
- Mobile phone is a good idea
- Consider an Emergency Alert System
- List of medicines and emergency contacts (family, physician, POA, hospital, etc.)

Personal Wellness

THE FIVE DIMENSIONS OF WELLNESS

Social Wellness

- Interest in getting together with friends and family
- Reliable transportation for social outings

Emotional Wellness

- Finds the purpose in each day
- No signs of depression or isolation

Physical Wellness

- Participation in regular exercise
- Abundant fresh, healthy foods in the kitchen
- Medicines in date and properly stored
- Transportation for medical appointments

Intellectual Wellness

- Attends local clubs, classes, or workshops
- Ability to balance a checkbook and pay bills on time

Spiritual Wellness

- Transportation to worship services
- Daily activities that offer meaning and purpose



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