

## Home Safety Checklist for Adult Caregivers

Use this checklist to make sure that your loved one's routine is as beneficial as possible and that their home doesn't pose health or safety hazards. By going through the checklist, you can significantly reduce harm that may come to a family member as you decide on your approach to care.



### General

- Find someone to check on the individual daily.
- Schedule vision check.
- Discuss medications with physician to determine effects on balance.
- Establish light exercise routine.



### Bathroom

- Grab bars near tub, shower and toilet located and mounted properly.
- Nonslip surfaces in tub or shower.
- Night light.
- Rugs or bathmats with nonslip backing on floor.
- Shower/tub bench or seat.



### All Rooms

- No loose carpeting or rugs without nonslip backing.
- Traffic areas free of furniture.
- Electrical cords and other wires taped against walls.
- Bright lighting with switches and functioning bulbs.
- Telephones placed at height that can be reached from floor.



### Bedrooms

- Bedside table with non-tip lamp and room for eyeglasses.
- Clear traffic area from bedroom to bathroom.
- Comfortable, sturdy chair to aid in dressing.



### Stairs and Inclines

- Keep free of items.
- Plenty of room to move at top and bottom.
- No loose carpeting or edges to catch on.
- Handrails securely attached and at proper height for user.
- Proper lighting on all steps, switches at top and bottom of stairs.



### Kitchen

- Items placed where they can be reached without use of stool.
- Area to sit during food preparation.
- Flooring free of cracks, splits or up-turned edges.

# Care Services

## *Companionship/Homemaking*



- Safety supervision
- Transportation and errands
- Socialisation
- Cognitive stimulation
- Home monitoring
- Cooking and grocery shopping
- Light housekeeping
- Organisation
- Laundry services
- Respite care for family caregivers

## *Physical Assistance*



- Ambulatory assistance
- Dressing
- Positioning in chair or bed
- Transfer between bed and chair
- Wheelchair assistance

## *Hygiene*



- Bathing and showering assistance
- Bed baths
- Grooming
- Shaving with electric razor
- Oral hygiene
- Toilet and incontinent care

## *Wellness*



- Light exercise program development
- Healthy meal planning and preparation
- Medication reminders
- Safety supervision
- Cognitive stimulation

## *Skilled Nursing*



- Visiting nurses
- Medication setup
- Medication administration
- I.V.-related therapies and administration
- Insulin injections
- Wound care
- Dressing changes
- Catheter care
- Ostomy/colostomy care
- Tube-feeding assistance
- Skilled hospice support

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