

Check list for Home Safety:

Coordination of Care

Care Team Meetings: At least once a year have a meeting with your caregivers to discuss and update your plan of care. Determine what training, equipment and supplies are needed. Occasional drills will assure quick reaction and avoid injury and panic in an emergency situation. Share your plans with your relatives, friends, neighbors and caregivers.

Home Safety

_____ Check your homes to see that heavy items are secured to the wall, cabinet doors are secured, and that the chance for glass and other objects to fall on someone is minimized.

_____ Have a family member and/or caregivers attend a Red Cross or other training programs to learn first aid and CPR.

_____ Learn how and where to shut off utilities.

Location of wrench: _____

Location of: main water valve _____

Location of gas valve: _____

Location of main circuit breaker: _____

Location of other utilities: _____

_____ Draw a picture of how your house is laid out and show the location of: . Exit windows and doors , Utility cut-offs , First Aid kit, Emergency supplies, Emergency phone numbers, Food, clothing, tools, Flashlights with extra batteries, fire extinguisher, portable radio, sanitation supplies, medication, extra set of clothes, shoes and gloves,. Be sure everyone in your home is familiar with the list. Show it to caregivers and anyone that may be in your home during an emergency

_____ Set up a places to meet around house:

Outside: _____

Inside: _____

_____ Set up alternate meeting locations when family is not at home (e.g. home, Red Cross shelter, neighbors, relatives, park, school, church): _____

_____ List name and telephone number of a person that is not a family member to call to report location and condition:

Home Safety Tips

ELECTRICAL

- Don't place cords under furniture or rugs.
- Replace worn cords.
- Don't overload extension cords.
- Don't use multiple outlet adapters on electrical outlets.

RUGS, RUNNERS, AND MATS

- Secure loose rugs, runners and mats to the floor with double-sided adhesive or rubber matting.
- Tack down carpet edges.
- Repair, replace or remove torn or worn carpets.

TELEPHONE

- One phone should be close at hand in event of an accident and a person cannot stand or walk to the phone.
- Post emergency numbers near or on the phone.
- At least one phone must be connected directly...cordless phones do not work during a power failure.
- Family members may want to consider carrying a pager (beeper) for immediate access if needed.
- Consider get a home alert system that can notify emergency services if you are unable to access the phone.

FIRE & CARBON DIOXIDE DETECTORS

- One smoke & carbon dioxide detector is recommended on each level of the home.
- Change batteries two time a year when daylight saving times occurs
- Develop a plan to exit the home in case of fire.
- Keep pathways to all exits clear at all times.
- Make sure a key is nearby deadbolt locked doors, if possible replace all deadbolts lock with thumb lock that unlock without a key..
- Don't leave cooking items unattended.
- Never leave space heaters, wood stoves or fireplaces unattended while in use.
- Be sure any window bars are releasable from the interior of the home.

CUPBOARDS AND CLOSETS

Put frequently used things on shelves that are easy to reach.

- To reach high items, only use a sturdy step stool.

Place heavy items flat on lower levels to avoid the possibility of items falling and causing an injury. Plan ahead. Move the object closer to something sturdy to hold on to.,

BEDROOM, KICHEN & BATHROOM SAFETY

- Consider adding grab bars to the walls or using a tub seat to assist with bathing.
- Non-skid tub mats and a hand held shower can also be useful.
- Avoid sitting on low furniture. Chairs with arms make it easier to get up.
- Throw rugs pose a tripping hazard. They should be tacked down or removed.

- Using hand rails to go up and down stairs is easier and safer.
- Add hand rails to all stairs, if possible.
- Clutter such as shoes, electrical cords and magazines are a safety hazard. Keep pathways clear.
- Good lighting can reduce the chance of falling.
- Add bright tape strips to the edge of each stair.
- Always keep a charged flashlight near your bed for emergencies.
- A night light in the bathroom can also make night
- Set hot water at a temperature of 110-120 degrees.
- Install an anti scalding device on shower to prevent burns.
- Keep stove and area around stove free towels, paper towels, napkins, curtains and anything flammable.
- Keep a fire extinguisher in kitchen and have knowledge of how to use it.