

Home Preparedness Checklist for Seniors

Westchester Family Care has compiled a checklist that can help you see how safe your loved one's home is. These steps, combined with in-home care services, can help seniors age in the comfort of their homes. Preventative measures are the best way to stay safe and avoid hospital readmission.



Check Lighting

Older adults can have more difficulty seeing in low light. To improve visibility in the home, you should replace any burnt-out bulbs, install new motion-sensitive light fixtures, and add highlights to darker home areas.



Remove Tripping Hazards

Consider removing or stabilizing area rugs, low tables, ottomans, and electrical cords—all of these are falling hazards. If a pet or small child is living in the home with the senior, keep toys off the ground. To improve safety, you can install non-slip flooring and make sure all cords and wires are concealed.



Check Outdoors

How are the pathways in and out of the home? Make sure your loved one can easily get to the mailbox. Be sure to fill any large cracks in the sidewalk and drive and remove tripping hazards like branches, rocks, wet leaves, or snow from walkways.



Install Grab Bars

The majority of falls occur in the home, and the bathroom is one of the most common places. Grab bars can be found at your local hardware store, and you can install them or get a safety expert to help you.



Consider Medical Alert Devices

An alert system is a great way to know your loved one can easily access help at a moment's notice.



Keep Emergency Numbers Ready

If an accident occurs, can your loved one quickly call for help? Make sure your older loved one has a usable phone handy. There are models with straight-forward features and larger buttons and screens to make it easier for older adults to use. Check that it is easy for your loved one to make calls and have emergency numbers handy.



Check Thresholds

Entering and exiting a home or room should be simple. Raised flooring or steps between rooms can be a significant tripping hazard. A safety expert can help you flatten thresholds or add ramps and handrails.



Clear Trash and Clutter

Make sure all pathways around the home are clear and easy to navigate. Excess items can create tripping or fire hazards. It can be challenging for seniors to move heavier objects, so make sure items like large trash bags are taken out of the home.